MANY PROBLEMS...

How to OVERCOME FEAR, WORRY, ANXIETY, DEPRESSION, ANGER, ADDICTION, LONELINESS, HATE, HEARTBREAK, FAILURE and more!

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MANY PROBLEMS... ONE SOLUTION

By

AiR

Atman in Ravi

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AiR
Atman in Ravi
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PREFACE

Problems are Many, the Solution is One.
When we Realize this Truth, our Life Battle will be Won.

Every day, people ask me questions – What is the cause of depression? Why do I get anxiety attacks? How do I solve all my problems? Whether it is through E-mail or WhatsApp, or on every day Zoom Questions and Answers session @ 8 p.m., people share their problems and ask me for solutions. I can see the hopelessness and the helplessness in them, just as I realize that there are MANY PROBLEMS, BUT ONE SOLUTION.

Of course, there are problems! The only place where there seems to be no problem is the graveyard. Every living person faces challenges. But the question is, 'Is life meant to be full of problems, or is there a way to overcome all problems and live a life of Eternal Bliss and Everlasting Peace?' The good news is there is!

People in this world suffer due to many things. People live with fear and worry, just as their stress and anxiety leads them into depression. Many people live lonely, unhappy lives. There is anger and hate, revenge and jealousy. The problems are of various kinds. Many people live with broken hearts. After their heartbreaks, they tip-toe to their grave. Many people suffer physical pain of the body, be it pain from

a disease or a disorder. There are others whose mind makes them miserable. They constantly live with the regrets of the past, just as they live with the fear of the future. There are still others who are prisoners of their own ego. They do not know how to eliminate anger from their life. Some people are afraid to live just as there are others who are afraid to die. The whole world seems to be full of problems.

As an author of about 40 books on Happiness and Misery, on Life and Death, on Religion, God and Spirituality, on Love and Peace, I decided to take a small detour from my focus on Enlightenment, Self-realization and God-realization to investigate and find out the cause of all the problems in the world. I was blessed with a Divine revelation. The Problems were Many, but the Solution, One. If only we get to the solution, we can eliminate all our problems and dance through life with Joy and Enthusiasm. If we do not, we will continue to suffer and whenever something happens, we will look at the sky and ask, 'Why?' We will continue to be ignorant, and we will not realize the true meaning of life, who we truly are and why we are here. I discovered a way to solve all the problems of our life!

I am sure you too have problems. The good news is that you can solve any problem. There is no problem in the world that cannot be solved. All we need to do is to find that One Solution. Then we shall be free! We will be liberated from the triple suffering - the pain and suffering of the body, the misery of the mind, and the agony of the ego. If you are looking for a solution for all your problems, the solution is in your hands.

INTRODUCTION

When your problems make you suffer, don't you cry?
Don't you look up at the sky and ask 'Why?'
There is a way to find a solution for all your stress,
You can eliminate all Problems and live with Happiness.

What are the many problems that people face? The list is endless. People are living in the agony of failure. They have unfulfilled dreams and desires, and they are chasing some elusive success so that they can reach destination Happiness. People are unhappy as they see the rich and famous enjoy life while they suffer in poverty and wonder why they have been cursed to live such unfortunate lives. There are people who are living lonely lives after a bad relationship. All they have is a broken heart. They live in the past, as they curse, nurse, and rehearse their hurt. There are still others who hate their job. They suffer as they try to get out of bed every morning and drag their feet to a workplace that they dread.

People of all ages are suffering, and the list of problems is endless. As long as we are young innocent children, we dance through life, we smile, we laugh, and we play. It seems that kids do not know the meaning of problems. But once we grow up, the problems too become bigger and bigger. The problems in school are few, but as we add years to our life, we add layers of problems. Not only is there examination anxiety, but also the stress of competition. Then there is

pressure from our parents to come first in class and we suffer miserably when we fail in subjects that we cannot relate to. The moment we are out of university, we are faced with a different set of problems, not just problems with our family and our friends, we have challenges in our relationships, just as we suffer climbing the ladder of success in our career. Oh God, the problems are endless! There are issues with the body, aches, pains, diseases, and disorders. To add to this, there is the misery of the mind as it lives with fear, worry, anxiety, and depression. Then comes the anguished ego that wants to take revenge for all that has transpired in the last decade. We hate people and we carry grudges in our hearts that creates anguish. The problems only extend as the years roll by. Soon we start to age and the physical problems multiply. There are family issues, just as there are problems with our kids and our grandchildren. Of course, we struggle to pay our bills and constant disappointments sometimes lead us to the thought of suicide. It seems that the human race is cursed with problems. It looks like the Creator dumped us on planet earth to suffer. Many believe that the purpose of our life is to live, to suffer, and to die. But this is not true. Those who realize this understand that just because there are problems, they do not have to be miserable. They can still discover a way to live with Peace. They drop all their problems like pebbles in the ocean as they realize the way to solve all their problems and live with Bliss and Happiness. If you have problems, this book is sure to give you a solution.

CONTENTS

PREFACE
INTRODUCTION

PART A – THE PROBLEMS 01
01. Fear 03
02. Worry 04
03. Anxiety 05
04. Hate 06
05. Revenge 07
06. Jealousy 08
07. Anger 09
08. Physical Pain 10
09. Sickness 11
10. Mental Health 12
11. Disease 13
12. Death 14
13. Relationships 15
14. Heartbreaks 16
15. Possessiveness 17
16. Attachment 18
17. Family Issues 19
18. Examination Anxiety 20
19. Poverty 21
20. Failure 22
21. Success 23
22. Paying Bills 24

23. Unemployment 25
24. Competition 26
25. Greed 27
26. Addiction 28
27. Financial Problems 29
28. Desires 30
29. Disappointments 31
30. Loneliness 32
31. Helplessness 33
32. Stress 34
33. Depression 35
34. Suicidal Thoughts 36
PART A CONCLUSION 37

PART B – THE CAUSE OF PROBLEMS 38
01. Can you Classify your Problems? 40
02. Physical Problems of the Body 41
03. Emotional Problems of the Mind 42
04. The Agony of the Ego 43
05. Problems Beyond our Control 44
06. We Suffer the Triple Suffering 45
07. Who actually Suffers? 46
08. Our Ignorance makes us Suffer 47
09. We Believe in the Fairy Tales 48
10. What is the Real Cause of Problems? 49
11. Is there a Solution to all our Problems? 50
PART B CONCLUSION 51

PART C – THE SOLUTION 52
01. What is this Ignorance that Causes Suffering? 54
02. What is the Truth about Life? 55
03. Life is like a Dream 56

04. Who are We in Reality? 57
05. Am I the Body that Suffers? 58
06. Am I the Mind that is Stressed? 59
07. Am I the Ego that is Agonized? 60
08. We are the Divine Soul 61
09. The Soul Need Not Suffer 62
10. But the 'ME' makes me Suffer 63
11. How to Tame the Monkey Mind? 64
12. How to Transcend the Ego? 65
13. Ask, Investigate, Realize 66
14. Methods of Realization 67
15. The Reward of Liberation 68
16. Freedom from the Triple Suffering 69
17. There is No Need to Worry 70
18. Death is Certain, Accept it 71
19. Fears are Not Dangers 72
20. My Body Aches, but I am Okay 73
21. Poverty is a State of Mind 74
22. Success is Not Happiness 75
23. The Heart can Never Break 76
24. We are Never Alone 77
25. Let's Control our Reactions 78
26. Happiness is in the 'Now' 79
27. The Past is Gone, the Future not yet Born 80
28. Whatever will be, will be 81
29. The Art of Acceptance and Surrender 82
30. Enjoy the Show called Life 83
31. Can Apples Grow on a Mango Tree? 84
32. Learn to Laugh through Life 85
33. Eliminate Anger, Hate, Revenge and Jealousy 86
34. Can we Carry a Pin beyond Death? 87

35. Are Relationships Immortal? 88
36. Flip from NEP to PEP 89
37. Not This, Not This, We are That 90
38. The Human-Computer 91
39. The Ultimate Goal 92
40. The Soul never Suffers 93
41. Sweep away all Ignorance 94
42. Building a Divine Connection 95
43. A Problem-Free Life is not in the Graveyard 96
44. Live without Problems 97
PART C CONCLUSION 98

AFTERWORD: My Personal Experience 99-101
POEM 102-105
ABOUT THE AUTHOR 106-123

PART A

HEART BREAK
FAMILY ISSUES
DESIRES
SUCCESS
SICKNESS
STRESS
ANXIETY
THE PROBLEMS
HATE
HEALTH
FEAR
DEATH
FAILURE
REVENGE
POVERTY
ANGER
WORRY

PART A
THE PROBLEMS

Everybody has problems, problems are everywhere.
But to find one who has solved all his problems, is rare.

Everybody has problems. There is nobody in this world who doesn't have any problem. The moment we are born, we encounter circumstances, both good and bad. We enjoy the good times, but we shudder at the onslaught of problems. Common problems like fear, worry and anxiety, complex problems like hate, revenge, and jealousy, intermixed with problems of our body, of our lifestyle, of relationships, create a bouquet of thorns in our life. Everybody wants the roses, but nobody wants the thorns. We do not want to be pricked and poked by misery and suffering.

While we all face problems, not many of us stop to understand the cause of the problem. Problems are just effects, but there is a cause. What is that? The moment we understand what the source of the problem is, we can also find the solution.

First, let us try to understand the problems of the world. Pick out those problems that attack us and make us unhappy. Once we identify our key problems, those miseries that inflict us with suffering, we can get to the root and then shoot down the problems one by one. We will be surprised that the solution to all our problems is one. Let us confront our problems!

1. FEAR

What is Fear? By itself, FEAR is the acronym for False Expectations Appearing Real. We all experience fear and we become miserable as we perceive a danger where there is none. Fear is not a danger. A danger is real, fear is imaginary. We have been blessed with the emotion of fear to trigger and warn us of real danger. Unfortunately, fear has become a monster that terrorizes us. It stops us from living life. There are many fears. The biggest amongst them is the fear of death. Today the whole world is in fear of Covid-19. The real fear is not of getting afflicted by Coronavirus, but rather dying from it.

Shubham was terrorized by fear. His life was full of phobias, imaginary fears that paralyzed him. His claustrophobia made him climb 20 floors of a building because he was scared that he would die in the elevator. He had aerophobia and never took a flight. Though he was 6 feet tall, he was terribly scared of lizards. Fear made him imagine death was round the corner. He lived in the constant worry of death. The cause was fear.

Like Shubham, many of us live our lives with fear. We lack faith and this makes us miserable. Though we know our fear is imaginary, we make it so real that it manifests every day through our mind in physical terms. We sweat, we shiver, and we shudder in fear. Fear is a big problem. And like Shubham, many of us do not know the solution to the problem. Once we Realize the Truth that a Fear is not a Real Danger, we will overcome Fear forever.

2. WORRY

What is worry? It is a feeling of anxiety, of being troubled by the possibility of problems. One who has the problem of worrying is constantly worrying about problems. The problems may be real or imaginary - that hardly matters! But the worry is a big problem.

How often have you heard somebody tell you, 'Do not worry, everything will be okay?' Why? Because we are worrying about something that may or may not happen. There may be very little chance of things going wrong. But we make a mountain out of a molehill because of worry. What does worry do? It makes us use the cannon to kill the mosquito. It makes us focus our entire energy, our time, our effort on a problem that may not exist. Therefore, there is no problem. Worry is the problem!

Raj used to worry constantly. Who knew this better than his doctor, his general physician? Practically, every day, Raj would call his doctor. 'Doctor what is this lump that has appeared on my chest. Can it be cancer?' In a couple of days, he would call and ask for an ECG because he experienced chest pain after eating street food. Raj would constantly worry. He knew the names of all the diseases and had a special cupboard full of medicines to treat every ailment. What makes us sure that worry was his problem? Every few months, he would throw out all the expired medicines which he never used and replaced them with new ones. When Raj realized the cause of his worry, he let go of it once and for all. We too can overcome worry if only we realize the source of our worries.

3. ANXIETY

Mrs. Singh used to get anxiety attacks. The problem of fear, of worry would escalate to such a level, that it made her insane. She consulted several doctors. When they asked her what her problem was, she said that she had anxiety attacks. What is this problem of anxiety? When we let fear and worry build their roots in our life, they constantly give us shoots and fruits of anxiety, day after day. Unless we uproot the tree of anxiety, it will control our life and remain our life's biggest problem.

Anxiety is the build-up of small fears, small worries. It may be caused by a health issue, financial stress, or a small misunderstanding in a relationship. It is the intertwining of tiny fears and tiny worries that ultimately becomes like a volcano that bursts with misery and sorrow.

Anxiety is such a big problem in the world today that it has been listed as a disease. There are psychiatrists who treat mental disorders caused by anxiety. What are the symptoms? Overthinking, difficulty in concentrating, panic, irritation, sleeplessness, loss of appetite and more. This is a big problem, isn't it? Often, to deal with this problem, people are prescribed medicines, categorized as placebo after they are diagnosed with anxiety. Mrs. Singh realized the cause of her anxiety. Her life transformed to a life of joy, peace and bliss, as it ended the era of her anxiety attacks. The solution surfaced as she overcame ignorance about the illusion of anxiety.

4. HATE

Why does a human being hate another? Because of an intense dislike caused due to one of many factors. I may hate you because of the colour of your skin, or your religion, or simply because of a business rivalry of the past. Hate is a very passionate and extreme aversion that causes hostility towards an enemy. But hate is a bit of a problem, isn't it? It creates poison inside us, and the toxins of hate make us miserable. Our hatred towards another establishes itself in our roots and affects our own Peace and Happiness. Instead, if only we could forgive and transform our hate to love, we would eliminate the negativity in us and replace it with positivity.

What is the cause of hate? Along with several other poisonous emotions, it creates terror in our life. Today, one of the most obvious occurrences of hate is between groups – political parties and religions. Their difference in ideology, theology, and philosophy creates such a feeling of intense hate that they are ready to kill one another. *Ram and Rahim were neighbours and grew up as friends. Because of their different religions, they started hating one another. Not only did it end their friendship, but their hostility stole their peace of mind and created stress in the community they lived in. When they Realized the Truth that in reality they are one, Peace was restored.* When will the world learn a simple way to end hate and replace it with love?

5. REVENGE

Why does a human being take revenge? In life, one may have been cheated or let down and as a result, that person is unable to let go of the hurt. The desire to avenge the past creates the emotion of revenge and inadvertently, as one tries to return the hurt for the injury or wrong suffered, one creates more harm to oneself than one may realize.

Vinita was married to Jack for 20 years. One morning when she woke up, she found herself on the street with her kids. A divorce notice lay on the table as her husband had left her for the love of another woman. Vinita took a vow to destroy the man who had devastated the life of her kids. She spent the rest of her life trying to take revenge against her estranged husband. While they fought a divorce case in court, the bitterness caused by revenge, complicated things to an extent that they could not even bear to look at each other. Ultimately, it was the kids who suffered more than anyone.

Whatever be the cause that led to the state of affairs, revenge is not the solution to the problem. It only becomes the cause of misery that multiplies itself several times because we do not realize that revenge will not just destroy our enemy but also destroy us. We permit this feeling of vengefulness to ruin our lives. When will we overcome this vengefulness and learn to forgive and live? When we Realize the Truth, we will also realize the futility of trying to take revenge and will restore peace.

6. JEALOUSY

Why does a human being become jealous and develop feelings of insecurity, and fear the loss of a loved one or something invaluable? Because we are ignorant about the reality of life, we permit jealousy to become a big problem and we let it lead us to our doom.

Kanchan was jealous. Her jealousy was so intense that it made her insane. She had a crush on Rohit and any woman who set her eyes on Rohit was in deep trouble. They were all colleagues in the same office and it was natural to have a healthy social bond. But Kanchan's jealousy could not tolerate it. When Rohit was scheduled to travel with Sheela on a business trip, she stole Sheela's passport and shredded it into pieces. Her jealousy succeeded in preventing Rohit and Sheela from traveling together, but it did not end there. She went to the extent of paying goons to threaten Sheela so that she leaves her job. They used to follow her on her way back home. It was Sheela's good fortune and strong willpower that she survived the incident. One fine day, the office inquiry team found out who destroyed Sheela's passport. Thus Kanchan's jealousy ruined her life and career as she was dismissed from the team.

When will we realize that jealousy is a problem that we choose? Once we live with it, we lose our Peace, our rationality, as we try to inflict harm upon others, resulting in destroying our own life. The solution is simple. It lies in realizing that everything is controlled by Universal Laws which we must accept.

7. ANGER

'Burn anger before anger burns you!' Haven't you heard of this before? When we become angry at somebody, we create a fire inside us, it's like holding a piece of hot burning coal to throw at our enemy. Little do we realize that the burning coal of anger will first burn our hands before it can even be thrown at another.

Anger destroys our life. Not only does it increase our blood pressure and the chances of an early death, but it also destroys the present moment of our life. The habit of anger becomes uncontrollable. Sometimes, it manifests as bad words that we scream at others. It can also become more intense and lead us to physical action that can harm others.

Mohan owned a small retail store. Unfortunately, he could never control his temper. It was very common for customers to see him scream at his salespeople for every little matter. 'Why is the floor dirty, why is the dustbin not empty?' – each of these questions would be howled along with abusive words that were unacceptable. His staff had become used to his temper tantrums, but it was difficult for his customers to tolerate his anger. One day, when his salesman cut a wrong piece of expensive lace for a customer, he took a stick and hit the salesman on the head. The poor man started bleeding profusely and was rushed to the hospital. Anger can destroy us. But there is a way to overcome anger and live with Peace and Tranquillity. If we Realize the Truth about who is it that we are angry with, we can eliminate anger from our life.

8. PHYSICAL PAIN

Who does not experience physical pain? Who does not suffer a hurt, a wound, a cut, a bruise, a fracture or a fall? We all experience physical pain, and this is a big problem. Right from the time we are kids, we experience this suffering, and it is a challenge that stops us from doing things in our day-to-day life. It spoils our plans and destroys our dreams. *Sandeep was a champion in swimming. He was number one in the school team, but one day, as he was playing hockey, he tore his ligament. He had excruciating pain and was advised bed rest for weeks. As a result, he missed the national inter-school swimming competition. His dream of competing in the Olympics was also shattered.*

Sandeep had dreamt of being an Olympic champion in swimming. He believed nothing was impossible. Suddenly, he was heartbroken because of his torn ligament. The problem made his dream impossible to achieve. How many of us are like Sandeep? Physical pain shatters our dreams and goals. We become helpless because the pain of the body doesn't permit us to take a step forward in the direction.

Over the years, there has been significant progress in the medical field and instant solutions for pain have been created. Doctors use anaesthesia to prevent pain in every possible procedure they perform. Still, we suffer physical pain and we continue to cry; we look up at the sky and ask, 'Why?' Once we Realize the Truth that we can chose not to suffer physical pain, we will be free.

9. SICKNESS

Vijay had asthma. It made his breathing so difficult that he would feel breathless and helpless. While the sickness did not escalate to become life-threatening, it was a big problem because it stopped Vijay from realizing his dream of becoming an athlete. As a young kid, he would dream of running a marathon, but his breathing disorder aborted his dream.

We all experience sickness through common illnesses and disorders. It may be an allergy, a cold or a flu. At times it is conjunctivitis, diarrhoea or headache. Sickness is a part and parcel of our life. Some of us overcome the sickness, while some are overcome by the sickness. We nurse, we curse, and we rehearse our pains, instead of taking steps to reverse them. The problem is solvable and just needs a home cure, some natural remedy or over-the-counter medicine. But we let the problem of the sickness escalate and we become sick in body and mind.

While everybody has this problem of falling sick, experiencing an occasional illness and having some bodily disorders, this problem is something we have to learn to live with and move on. If we let this problem stop us from living our life, we will cage ourselves in our illnesses and soon age and die. What is the solution? *One day Vijay met a physician who made him realize that a disorder is not a disease. Vijay decided that he wouldn't let his asthma interfere in living his life. Once we Realize the Truth about life, about sickness, pain and death, we will be free from this problem forever.*

10. MENTAL HEALTH

Mental health can be a major problem. It is not the problem with the health of the body, but the issue lies with the mind where the mind becomes sick and it passes on the disease to the body. The sickness of the mind manifests in our physical circumstances. Mental health is supposed to be a serious illness today because it creates toxic hormones that are released into the body. We become a victim of such emotional, psychosomatic sicknesses. Today, there are many psychological experts, psychiatrists who guide people to find a solution to their mental health issues.

Sometimes, mental health problems are treated by what is known as placebo medication which is prescribed to cure our imaginary sickness. Mental health issues are caused by the mind. Although the mind can't be seen, it can make us suffer more than a physical ailment. Sometimes, our behaviour can even lead us to obsessive compulsive disorder and we start imagining things only because we become slaves to our mind. What is the solution?

Is there a way to solve mental health issues? Is it necessary for us to take drugs and visit the doctor. If only we realize the cause of our mental problems, our mental health issues, we will find a solution ourselves. But as long as we are ignorant that the problems of the mind can be solved by overcoming our ignorance, we will continue to suffer.

11. DISEASE

Gayatri did not have an imaginary sickness. She had a serious heart condition. Not only did she have an issue with an artery in her heart, but her heart muscles were also damaged, and she had to go through several procedures to cure her heart disease.

The human body is a marvel. It has over 30 trillion cells. But to make us walk and talk, we have been given specialized organs like the brain, the heart, the kidneys, and lungs, amongst others. These are like machines. Sometimes, they fail. We are fortunate that medical science has progressed and has found cures to most diseases. Every day, the most intelligent brains in the world research to find new cures to dangerous and even new diseases.

Just like Gayatri had a heart disease, there are people who develop diabetes, lung cancer, or a chronic obstructive pulmonary disorder. Diseases are milestones on the highway called 'Life'. Most of us will pass some or the other disease before we reach destination death. The only solution is to find a cure for our disease. However, some people suffer greatly because of their disease, but a few do not. What makes these people heroes? What makes them smile? It is the Realization of the Truth that defeats their disease. Despite their disease, they live, they smile, and they pray. They accept their disease, and as they battle it, they enjoy their journey of life.

12. DEATH

Death is a big problem for the world. The whole world is scared of death, but ironically, it is a reality that nobody can escape from. Death is certain. Every 'body' has to die. Then why does death become such a problem? Death is a problem because we see that the one who dies loses everything that is known, all that he considers his own. Throughout life, we work hard to build a career, to earn, to buy a property, to build a home and create savings. In a flash, at that moment of death, nothing belongs to us. When we depart from planet earth, we leave everything behind.

Most of the human race is not able to digest this reality and considers it to be the world's biggest unsolvable problem. Not only is death such a big problem because of the loss of all our material possessions, the problem is that at death, all our relationships also snap. Our parents, our children, our loved ones are lost in that moment where we lose our breath. The sight of a dead body being cremated or lowered below the earth and left for the worms to feed on, is a huge problem for man. Finally, man is bewildered with the problem of death because of the fear of the unknown and what lies beyond death. He has no clue as to where he will go, and what his future will be. Only a rare few who Realize the Truth and are Enlightened, solve the mystery of death. These truly wise ones not only solve the death problem but consider it to be a celebration as it liberates them from all misery that they suffer on earth. They realize that Death is the doorway to God!

13. RELATIONSHIPS

Ajay and Reshma were in love. They spent a few years dating and even lived with each other for a while. Life was beautiful and they decided to tie the knot. Soon after the celebrations of their marriage were over, something strange happened. The intense love that existed between the two suddenly disappeared. As the relationship changed from that of lovers to that of husband and wife, the expectations changed and so did the equation between the two. In a few months, they separated and filed for divorce.

Haven't you heard of similar stories? Bad relationships are a common problem. Issues between people who have a beautiful relationship emerge to destroy Peace and Happiness. What is the cause of these problems related to a relationship? In relationships, there is always the need of understanding between those who are in the relationship. It may be between two or more people. Relationship issues are not only between lovers, but could be between friends or within a family.

Kishen, Prithvi, Danny and Amjad were great friends. They used to party and dine together, go for holidays and vacations, always as a group. Their relationship lasted 20 years. Then, as each got married, the bond broke. It was no more the relationship between the friends that mattered. But it was now the understanding amongst the wives which had no synergy. Why is it that we lose our Happiness in broken relationships?

14. HEARTBREAKS

People of all countries in this world have another common problem. It does not matter whether they are Americans, Indians or Chinese. They all experience heartbreaks. What is the cause of broken hearts? The problem is love.

Why should love be a problem? Love is a beautiful emotion that creates a fountain of Joy. It is love that makes this world a paradise. The emotion of love inspires people to do impossible things. Why then is there a global problem of heartbreak?

The problem of heartbreak is not caused by love, but by the lack of *true* love. *True* love is bliss, not just a kiss. When love is just hugs and kisses, hearts and Valentine's, it is sure to end with broken hearts. *True* love is unconditional and Divine. Because the world has not understood the true meaning of love, more often than not, love stories end in heartbreak.

Roger and Malti claimed to be madly in love with each other. Then, what caused their heartbreak that broke them apart? Roger met Shiny, a stunning model and fell in love with her. He was so madly in love with his new princess, that he forgot his bond with Malti. While his life had been full of love and joy with Malti, he left Malti with a broken heart to cry. The problem of love is universal. Love makes a heart bloom just as it makes a heart break. Very few people discover true unconditional, Divine love.

15. POSSESSIVENESS

Kavita was in love with Milind, and Milind loved her too. In fact, he courted her for many years, before they got married. They had two beautiful children and life was beautiful. But in 5 years, they were separated forever. What caused such a beautiful family to break apart?

Kavita was very possessive. She would watch every move of Milind. Every night she would secretly see all the messages on his mobile phone, just as she would check and track his E-mails. Her so-called love for her husband had become so intense, that it had turned into doubt. She would spy on him, and would occasionally turn up at the office to check on him. She became so obsessed and insecure, that one day when he was traveling on a business assignment, she believed that he was actually with a female colleague and tracked him to that destination.

Milind was fed up with this possessive love. He tried very hard to save their relationship, but Kavita's love wanted her husband to be a caged parrot. As she tried to rob Milind of his freedom and his space, she not only lost his love but also lost him forever.

Why do people become possessive? Why does love turn to doubt? Why does a lack of trust break people apart? Those who live in this material world without faith, hope, belief, fill their lives with negativity and ultimately suffer. A very few find a solution to this problem.

16. ATTACHMENT

One hidden problem in this world is the problem of attachment. Attachment appears disguised as love, but it steals our happiness. *Mr. Smith loved his daughter and was very attached to her. He was ever worried about her safety and security. He used to drop her at school every day and even pick her up. She grew up, but his attachment never ceased. One day, she did not return home from school. As usual, he waited for her to come, but there was no sign of her. He rushed to the school to find nobody there. He frantically called all her teenage friends with whom she used to return home, either in a public bus or one of their cars. Nobody had any idea. Mr. Smith started calling all the nearby hospitals to check if there was anybody with that description admitted due to a road accident. When he could not track her till late in the evening, he decided to call the police and file a case. Just then, a car stopped outside the house and his daughter walked in. He was so upset and screamed, 'Where did you go?' The daughter replied, 'I had mentioned to you last week that I was going for a Buddhist chanting session today along with my classmate. Thus, my mobile phone was switched off.'*

Mr. Smith now sleepishly remembered that she had told him. His love was attachment and 'attachment' is a big problem in the world today. Why do we get attached to people and even sometimes to things and ultimately suffer? Those who Realize the Truth about life, live peacefully and joyously with detachment.

17. FAMILY ISSUES

Why do families fight? Why are there so many issues between members of a family? If they are one family, then, there should be no reason to fight. But still, they fight. They fight over property issues, just as they fight over issues of power and position. One brother hates the other because they have differences of opinion. Instead of trying to reconcile and co-exist peacefully, they let their disagreements grow into feuds that can last forever.

Pradeep and Rajesh were twin brothers born minutes apart and they looked similar too. But their philosophy of life was just opposite. Thus they could not see each other eye to eye as they fought not only on family and financial issues but also social, cultural and political ones. They never learnt the art of agreeing to disagree and created stress and anxiety for the whole family. When they started an argument in the family chat, others in the family would dread the consequence.

Why do families have problems? Why does a father hate his son, just as a mother cannot get along with her daughter? While we consider ourselves to be one family, practically we do not live as one unit of love and understanding. There are wars and battles fought at the dining table every day, just as we break several remote controls fighting over which television channel we should watch? The family feuds that cause problems are endless. What is the solution?

18. EXAMINATION ANXIETY

In today's world, there is a new problem that has emerged – the problem of examination anxiety. Students of all ages and across all spectrums of education seem to have anxiety for both examinations and education itself. What has caused this problem? In the past, there were limited options for students to choose from. But because the world has moved at a very fast pace in the last few decades, education has so many super-specialities that youngsters are confused. Earlier it was a rat race only for adults, but today, the race starts right from the time you are in school.

Therefore, the anxiety of examinations has enhanced. The competitiveness in students has reached a level of tremendous stress. They are worried about what job they will get and how to make it to the list of billionaires. Everybody wants to be on the front page of the Time magazine or be in the Forbes list of the wealthiest people in the world, but do we not know that this is not possible? The anxiety that grips youngsters makes them scramble for a career that ultimately makes them so busy that they forget to live and discover life. Whether they succeed or fail, it hardly matters! They pick up the habit of creating problems during their exams and continue to live with stress and anxiety, right till they reach their end. Isn't there a way to teach students how to live a peaceful and meaningful life that is not filled with problems? How can the process of learning and examinations be a source of pleasure and not pressure?

19. POVERTY

What about those who live in poverty? Those who do not have enough to eat, who cannot clothe themselves, and who do not have a roof over their heads. Their intense poverty makes them suffer as they try to survive in this world. Most people who suffer because of poverty, suffer it in their mind. In this world of immense opportunity, there are enough opportunities for people not to cry and ask, 'Why am I poor?' If there is no opportunity in the place where they live, they can move to a place of opportunities and survive. There are some countries in this world that have poverty because of their high population, low economic development and unemployment. The lack of capital and investment exists, but all this grows from the basic roots of the inability of people to satisfy their basic needs.

Some people live and die as they look at the sky and question, 'Why?' Instead of trying to understand the cause of their problem and finding a solution, many people accept their state of misery, as they blame their luck. They curse their fate just as they blame God for their miseries. Isn't there a solution to this problem? *Steven and Ramesh were neighbours in the same village. They grew up in poverty, but Steven wanted to find a way out. He had faith in God, just as he believed in himself. He used the power of his intellect and moved out of his village into a city nearby. Years later, when he returned to the village, he was prosperous, but he could see that Ramesh was still languishing in his misery. Didn't Ramesh also have a choice like Steven?*

20. FAILURE

One of the biggest problems in the world today is failure. The inability to succeed, manifests as fear, worry, stress, and anxiety and even leads the thoughts of suicide. What is failure in reality?

Failure is a problem that occurs when we fail to achieve our goals, when we are unable to fulfil our dreams and we fall short of our desires. Who is it that is creating these dreams, these goals, and desires? We ourselves set unrealistic targets for our life and become miserable when we do not reach them. Why are we inflicting this problem on ourselves?

In this fast-paced world, most of us just run and run till life is done. Instead of enjoying this beautiful journey called 'Life', we are running in a race to be an ace and we get caught in a maze of problems. We create the problem of failure and then we blame everybody else for it. Instead of living with a smile on our face, and surrendering our life with grace, we continue to chase problems disguised as our dreams and goals.

Some people have never tasted success. They have only experienced failure. There are others who have experienced success, but for sure they have passed by failures on the highway of achievement. The challenge is - how to deal with failures? The realization about what life truly is, will solve the failure problems in our life.

21. SUCCESS

While some people suffer because of the problem of failure, there are others who suffer because of their success. They are miserable because their success does not satisfy them. For them, enough is not enough as they let their need become their greed. Soon life is over and now, they have wealth, but no health to enjoy their wealth.

Are all successful people happy? If money equals happiness, then the rich should be glad. But turn around and you will find many of them are sad. They always believe that success is happiness, and they achieve a lot of success, but they do not achieve any happiness. They chase success not realizing that it is like a shadow – the more you chase it, the further it goes away. Very few people Realize the Truth that Success is not Happiness. Happiness is Success. They are the ones that solve the problem of success. Many people in the world experience the roller coaster of success. Before they realize it, the screen of their life displays – 'Game over!' In their pursuit for success, they forget to live.

Isn't this a big problem – that something like Success can become our biggest failure and cause us many problems? There is no contentment and fulfilment, as we are lost in the swirl of achievements. Unfortunately, from the time we are kids, we are taught the myth – Success is not the main thing, it is the *only* thing, and we believe in this fairy tale all our lives. When we discover the peak of Enlightenment, our problem is solved.

22. PAYING BILLS

To many people in this world, the biggest problem is paying their bills. There is always a gap between their income and their expenses, and they struggle to make their ends meet. In fact, some people consider this to be the biggest problem of life. They have one common nightmare – it is called EMI. They take loans beyond their means and throughout their life, try to solve the problem of their income being lower than their fixed expenses. Then they resort to fair and foul means and create further problems in their life.

When we come to this planet, do we carry a file of bills payable? While we have a choice to live a comfortable Life, our desires, cravings, and greed makes us seek material possessions that create a shower of bills that ultimately make us drown in our desires. We do not realize a simple Truth, that nothing belongs to us. All the bills that haunt us, are because of us being trapped in the illusion called Life. We have unpaid bills because of our home, our assets and luxuries, our family, and our social obligations. These bills did not appear from nowhere. They are a result of our conscious choice. If we plan our bills to match our income, we will not suffer the problem of paying our bills. Who in this world is not trapped by their own desires? Who is free from lust? Most of us crave till we reach our grave and carry with us the big burden of unpaid bills that we leave behind. The few fortunate ones who learn the art of fulfillment, are free from this issue.

23. UNEMPLOYMENT

Why is it that although 95% of the people in the world have employment, we still consider unemployment as a big problem? Is it because there is actually nothing to do or because we human beings are lazy? Because we drag through our life without educating ourselves and without developing the required skills, we suffer without a job.

Those who are unemployed due to valid reasons are taken care by social security or compassionate groups of people. But for others, the problem is different. When we have no purpose in life, we can remain jobless and continue to let this problem of unemployment be with us forever.

Of course, most countries have some unemployed population. Developed countries may have an unemployment rate which is less than 5% and some poor countries, have high unemployment rates. However, the world today is a global market and one can find employment anywhere in the world. It is for us to not let the problem of unemployment make us miserable. We can employ ourselves, doing the things we love to do at first instance. But if there is nothing else available, then we must find options to get some employment. Just crying about a problem will in no way find a solution to that problem. We need action. We need to use the gift of our intellect and solve our problems. If we do not employ our gift of the intellect, we will continue to face problems like unemployment. It's a choice!

24. COMPETITION

Why is competition considered to be a problem in human life? While many think of it as a stimulant to trigger success and happiness, the essence of competition is to win by the sole method of defeating another. There can be no competition where there is no establishment of superiority and supremacy. This leads to problems because we are hurting the sentiments of another and creating enmity. The act of competition also creates stress, worry, and anxiety in our life.

Boris and Steve were the best of friends. But they competed in everything. It started with studies, then went on to sports, debates, quizzes, and singing. As kids, they were taught to live with a sportsman spirit and so, their friendship was intact. Unfortunately, as they grew up, they fell in love with the same girl and started competing for her attention. The end result was hatred, and their friendship was broken. The irony was that love had also became a competition. We carry this competitive spirit in our blood, and we grow up with it, fighting with one another as we try to become a champion. We are so busy in this fight that we do not switch on the light to realize that competition is stealing our peace and happiness. The problem with competition is the attitude that seeks to defeat somebody. It is not like 'excellence' where one is competing against oneself, trying to better their own best performance. Why do we create competition and lose our peace and tranquillity? Probably because we have not understood what life is all about.

25. GREED

Every human being has needs. We need food, shelter, and clothing to exist. However, when we let our need grow beyond our means, it becomes greed. That ends up as a huge problem. The Mind and the Ego, the ME, together create this misery called greed. '*I want a new Mercedes car that is better than my friend's BMW. I need more money in the bank. I want to wear branded clothes, not just anything from the hypermarket.*' Along with the mind, the greed creates unlimited desires. Our need becomes our greed and we become disappointed when they are not fulfilled. The problem is – Enough is not enough! We human beings are never satisfied. Because there is no contentment and fulfilment, our greed takes us up the peak of achievement, until we fall off the cliff and die.

Greed can never be fulfilled, only needs can. Greed is a sure way to live a life full of problems. *Ramu was a beggar. He was always looking at the rich eating in fancy restaurants, while he had to eat street food. He was never satisfied with what he had to eat. His greed led him to steal, and he was caught. Pinky's greed was different. Although she had one-carat and three-carat diamonds, her eyes were on the bigger, more exotic gems of the world. She was always unhappy as her greed made her compare her possessions with others and made her suffer. Instead of choosing to live with greed, we must discover a way to live with contentment, counting our blessings.*

26. ADDICTION

Some people in this world do not just pass by problems as they live. They create problems for themselves. Although they know that addictions are bad, they get addicted to alcohol, drugs, or other pleasures of the skin and they suffer due to their addictions. Some addictions are far more harmful, but all addictions are bad.

What happens when we develop the problem of addiction? We lose our freedom to live a peaceful and blissful life, as we become a slave to our addiction. An addiction creates such an urge in us, that it destroys the power of the intellect to discriminate. The problem becomes so obsessive that we are unable to live a normal life, because of the passion caused by the addiction.

The problem of addiction has become very intense in today's world just as it has become common. People are not just addicted to alcohol or cigarettes, but when drugs like weed, cocaine, and heroine take charge of our life, we become puppets and helplessly suffer. The problem with addiction is that it is very difficult to give up and those who are addicted, live their life with this problem and not only suffer, but also create misery for all their near and dear ones. What is the cause of these addictions? Who is addicted? Is there any way to prevent addictions rather than be afflicted and spend our life in a rehabilitation centre? Why do we choose to kill ourselves with this problem? We must realize the cause of this problem.

27. FINANCIAL PROBLEMS

Who does not have financial problems? Isn't it strange that everybody does? Whether it is an ordinary executive or a millionaire, both have financial problems. What is the mystery behind this?

What is a financial problem? To understand it in simple terms, it is a state where our expenses are more than our income. If we have more financial resources than we need, then there are no financial problems. But if we expand our financial needs to a level where we cannot meet our commitments, then we create financial problems for ourselves.

Somebody rightly said, 'Debt is the enemy of financial freedom'. Instead of being free from problems caused due to cash flow, we create investments in our life that make us suffer. Instead of planning our EMIs to be within our capacity, we invest like bulls and suffer like bears.

Bhavna created her own financial problems. She worked to earn a living but wanted to make a quick buck. She invested all her money in the stock market. She had even taken a loan to that effect. But the market crashed, and so did her life. Many business persons like Bhavna, overinvest only to land their life in financial complications. When will we realize what we are trying to earn, will only be left behind for somebody else to burn? In the bargain, we suffer and become miserable due to our financial crisis.

28. DESIRES

Most people think that desire is a positive trigger, not a problem. Therefore, they encourage people to desire and to achieve success. It was the Buddha, the Enlightened one, who stated that desire is the root cause of all problems. He analyzed that while it seems that desires and cravings create excitement and Happiness as we fulfil them, the satisfaction is only temporary. Desire becomes a fire that ultimately burns us. When there is desire, we become attached to the result that we seek. Ultimately, all desires are not fulfilled, and it leads to suffering. This is a subtle problem but can become the root of many problems.

Akshay was a happy man, but he could not give up his desires. A Spiritual Master advised him on his 60th birthday – 'You have just sold your business. Now give up the desire for material success, and more wealth and enjoy the rest of your life seeking the meaning and purpose of life. You love to travel. It is an opportunity to discover the world.' Akshay was excited with the advice, but he let it pass because his desire to multiply his wealth made him start a new and even bigger business. Today, Akshay is 80 and he is still a slave to his desires. He may have increased his net worth, but he is an unhappy man! He is suffering from cancer and doctors have given up hope. Soon he will die and leave everything behind. Akshay regrets that he spent the last 20 years with his desires that created many problems, stress, and anxiety. He wishes that he should have taken an exit but he did not overcome the root of all his problems – desire. But now it is too late.

29. DISAPPOINTMENTS

Who has not experienced disappointments? Every human being becomes disappointed when his desire is not fulfilled, and such is this world that all desires will not always be fulfilled. This creates discouragement as well as struggles to deal with defeat.

What is the cause of disappointments? The real cause is fixing our mind on the result expected post our action. By itself, disappointment does not appear as a problem. When we fail to accept whatever happens in our life, we create disappointments and become unhappy.

Priya was very fond of branded handbags and her husband would spend all his hard-earned money to get her a new designer handbag on each of his trips to Europe. She had dozens of bags, Hermes, Michael Kores, Jimmy Choo, Prada, and Chanel. But she was always unhappy. She would look at the latest bags that she did not have and become disappointed.

We human beings get disappointed at every little thing – at the way our pizza is made, the bed in the hotel that we stay in and even the gifts our friends give us on our birthday. Instead of being glad, our disappointments make us sad. Why do we let disappointments become a problem? Is there a way to overcome this and to accept whatever comes our way with joy and Bliss? Of course, there is!

30. LONELINESS

The problem of loneliness is huge, just as it is strange. It is not just about being alone. For instance, it is not about living for 6 months in a research centre in Antarctica all by oneself. It is about living midst people and still feeling lonely. One may live in the centre of Manhattan, but still feel alone.

We human beings are social animals, and we must have interaction and relationships to live a life of contentment and fulfilment. When we do not have that bond with somebody, we become depressed because of loneliness.

Danny was a comedian. He was very active in social circles and was often seen at parties making people laugh. But when he came back home at night, he would cry in his loneliness. He had nobody to share his deepest secrets with, nobody who was concerned about his health. There was nobody special in his life whom he loved, nor did he have any true friends. Danny lived like a laughing machine, trying to make everybody smile while he himself suffered from the problem of loneliness.

Why is loneliness such a big problem in today's world? Although we are all connected through Facebook, Instagram, E-mail, and WhatsApp, we still feel very lonely and sad. Who is the one who is feeling lonely? When we realize our true identity, we will overcome loneliness that is experienced by body and mind.

31. HELPLESSNESS

Ajay and Rohit were cousins, just as they were friends. They ran independent businesses but would look forward to meeting in the evenings and then going out for dinner. But there was one stark difference between the two. While Rohit was happy and successful, Ajay seemed to carry loads of problems on his head. Rohit would discuss how he solved all the issues of the day, while Ajay would share all the problems he struggled to cope with. Ajay seemed to have a problem of helplessness. He felt so pessimistic that he always looked gloomy and tired.

One day, Ajay asked Rohit, 'How come you seem to be so full of cheer and enthusiasm? Don't you also have unsolvable problems?' Rohit took the opportunity to explain to Ajay. 'Everybody has problems! The challenge is not to have the absence of problems, but the ability to deal with them.' He shared with Ajay how he lived a life of faith, hope, and trust. This led to enthusiasm that made him surrender his problems to the Power that was capable of solving any problem.

It is unfortunate that many of us do not go in quest of this Power and discover a way to eliminate the problem of helplessness. While it is natural for all of us to face situations in life where we feel disappointed, discouraged, and defeated, we do not go in the quest to realize the magic solution that can make us flip over from negativity to positivity. There are hundreds of books that will say 'Think Positive', but what is the way to stop the mind from negative thinking? There is a way to tame the monkey mind.

32. STRESS

Radhika's biggest problem was stress. It was such a serious issue that it used to cause anxiety attacks. But she did not realize that the problem was stress. Radhika was stressed about everything - that her son would fail in his exams, or her domestic help would not turn up. She feared that her mother would die, that she would lose her job, that she would contract a serious disease. She was highly educated and had read about how stress is created. It is our own mind that bombards us with thoughts that create stress and makes us imagine problems that do not exist. While none of her problems were real, her stress was. She would sweat and shiver, and have palpitations. She not only lost her peace of mind but also became very miserable. She went to a doctor who prescribed her some medicines. This gave her momentary relief, but soon the stress returned.

Don't you have a Radhika around you? Some of you see such a person in the mirror every morning. Why do we let the problem of stress steal our Peace and Bliss? What is the cause of this unhappiness? Today, far more dangerous than the most serious physical diseases, is stress itself. It not only triggers several diseases, but it worsens the health of our heart and brain and increases the risk of getting many other diseases. How can we eliminate the grandfather of all problems – stress? The Solution is Simple!

33. DEPRESSION

When we let fear, worry, stress and anxiety grow in our life, and lose the virtues of faith, hope, trust and enthusiasm, we can be caught by the biggest problem of all – depression. Then life becomes a journey of suffering, as we hate every moment that we live.

Deepika was a star, but she often spoke of depression. She constantly complained of being unhappy and feeling low, although she had everything in this world that one could dream of. Not only was she rich, wealthy, famous, and successful, but she also had caring friends, a good family, and a kind social circle. She travelled the world, wore the best attire, and drove in the most sought-after cars. Why was Deepika living a life of depression?

Many of us, like Deepika, fall in this valley of gloom and then, we let depression lead us to our doom. We resort to taking psychiatric help and sometimes, are subject to placebo treatments. We even join fancy yoga courses and take the help of Ayurveda, Reiki, and every possible remedy that the world has to offer, but we remain in a state of depression. Is there a solution to this monster-like problem? When we Realize the Truth that it is our own mind that is causing the depression, then we start our journey out of it. Many of us know it is our mind, then why do we continue to suffer from depression? Because we have not realized a way out of it.

34. SUICIDAL THOUGHTS

Suicide is a major problem in the world today. It seems to be an easy way to end all our problems. But suicide is not the end to our problems. It only creates more problems for now and for the future. Unfortunately, some of us become victims of suicidal thoughts that lead us to this deadly sin. If suicide was an end to all problems, then anybody could commit suicide. But we know its futility very well, don't we? We very well understand that by ending our life unnaturally, we will not only have to deal with all the pending problems we had but also, adding to it, we will have to repay for the deed of suicide! While this is not easy for everybody to understand, we know that death is not the end. There is something beyond.

But what is the cause of suicide? The problem is much greater than suicide itself. It is the problem of suicidal thoughts. When our stress, worry, and anxiety cross the ultimate level of depression, then there is nothing else left. The mind manipulates us to commit suicide. These constant suicidal thoughts not only rob our Peace and Bliss, but they also steal every moment of our life as they suggest that suicide is the solution for all our miseries. Why do we let suicidal thoughts become our life's biggest problem? Why do we want to end this beautiful gift called 'Life'? Why do we let our mind bombard us with negative thoughts and become the cause of our own misery? We do not use the gift of our intellect and either we live with these suicidal thoughts or end our life, without Realizing the Truth that death is not in our hands.

CONCLUSION PART A: PROBLEMS, PROBLEMS, PROBLEMS…

The whole world seems to suffer from problems. It is rare to find somebody who says, 'I have no problems!' If it is not fear, worry, anxiety, and stress that leads to depression or suicide, then it is hate, revenge, jealousy, and anger that make us miserable. Some of us suffer the physical pain of the body, be it a disease or a disorder. We are constantly taking care of our health and well-being and trying to escape from the ultimate reality of death.

Many of us continue to be unhappy because of the pain we experience in our relationships. Whether it is heartbreak due to the loss of a loved one, or attachment that creates a fear of loneliness, we seem to create our own problems. We become possessive and spend our life, solving family issues. If it is not love that is the root cause of our problems, then it is money, wealth, name, and fame. To some success is a problem, while to others it is failure and poverty. People struggle to pay their bills because of unemployment, while the rich are busy competing with each other, becoming prisoners to their greed and their addictions.

Everybody has problems, don't they? Whether it is a financial problem or an emotional problem of loneliness and helplessness. There are very few in this world who focus on solutions, not on problems. Among them are the truly fortunate ones, who get to the root of their problems. They Realize the Truth as they find the one cause of all their problems.

PART B

HEART BREAK
FAMILY ISSUES
DESIRES
SUCCESS
SICKNESS
STRESS
ANXIETY
THE CAUSE OF PROBLEMS
HATE
HEALTH
FEAR
DEATH
FAILURE
REVENGE
POVERTY
ANGER
WORRY

PART B
THE CAUSE OF PROBLEMS

What is the cause of our misery?
What is the cause of our stress?
What is it that steals our smile and causes our unhappiness?

Who does not experience problems? We suffer from fear, worry and anxiety, from anger, hate and revenge, from diseases and disorders, from heartbreaks and loss of love, from poverty, unemployment and failure. We all experience some or many of these problems. Some people in the world seem to be doomed with bigger problems like depression and suicidal thoughts that may arise from different issues associated with the body or mind.

While we are all aware of the global issues that humanity faces, not many of us know the cause of the problems. What is it that actually makes us miserable? Are all the problems of our life beyond our control? Are we meant to suffer and die? If we get to the root of the problems, we will Realize the Truth.

Every 'body' experiences pain and ultimately every 'body' dies. This is the reality of life. Can we escape from this Truth? While we cannot escape from this, we can find a solution to this problem by realizing the cause of it. Let us understand who has problems, who suffers, why we suffer, and how we can overcome our suffering and find a solution to all our problems. There are many problems, but the solution is ONE!

1. CAN WE CLASSIFY OUR PROBLEMS?

Are all our problems the same? Is the problem of a heart attack the same as that of a heartbreak? Do the problems of fear and anger have the same cause? We understand that different problems have different causes. What causes poverty and unemployment, may not cause a disease. Family feuds may have many reasons and they are quite different from the problem of addiction. While the problems are many, we can broadly classify them into 4 categories.

The first type of problems are the problems of the body. They are to do with our bone and skin and all that is within. Then there are problems of the mind. The mind creates many problems and these sometimes also lead to problems of the body. But they are different. Ego problems are the third kind and they agonize us to a state of ultimate misery. These 3 classifications of problems can be easily segregated to understand the cause of our problems. But beyond this, there is a fourth category. The fourth category is problems beyond our control. What is the cause of these problems and how do we deal with them? Once we classify our problems to understand the cause of them, we will head towards the ultimate solution to all our problems. But first, we must classify all our problems. We must segregate our problems and put them in different bins. We should not mix all our problems because the cause of each of these is different, while the sufferer is one – you or me. Let us get to the root, then we will Realize the Truth.

2. PHYSICAL PROBLEMS OF THE BODY

Every 'body' suffers from physical problems. Right from the time we are children, we experience pain again and again. We fall and break our bones and it seems there is no other way to grow up other than this. As kids, we suffer when we burn our skin. Some of us, unfortunately, are born with certain disorders or diseases. A few amongst us are physically or mentally challenged. Every 'body' has problems.

As the body grows, the problems grow. We develop heart issues, or our kidneys fail. Some of us have to undergo an open-heart surgery, while others have to go through the ordeal of kidney dialysis every other day of life. Each of our organs is subject to a different kind of pain and suffering. Some of us lose our eyesight and suffer blindness, while others may become deaf. While we develop these problems, some of us may be born dumb, deaf or blind and suffer these throughout our life. Every human being who is alive, will experience some or the other physical problem. The body will ultimately die, but sometimes, before it dies, there will be disease and decay. Sickness is a reality, just as suffering from a disease is. Can we stop the body from experiencing these physical problems? Is there a way to escape from all the problems that the body faces? If we Realize the Truth about the problems of the body, about the suffering it causes, we will be able to find a solution to all our physical problems. But till we don't, every physical problem of our body will continue to make us suffer and cry till we die.

3. EMOTIONAL PROBLEMS OF THE MIND

The physical problems that we face are quite different from our emotional problems. Emotional problems are caused by the mind. Just like our computer has different problems relating to hardware and different problems pertaining to software, we must classify our subtle issues and not confuse them with physical ones. The mind has a subtle existence. *Where is the mind? You cannot find!* But it is constantly producing thoughts. It thinks a new thought practically every second and this amounts to up to 50,000 thoughts a day. It is the mind that causes us to worry and causes our stress and anxiety.

All our emotional problems are caused by our mind, the subtle 'Thought Factory' of our existence. The mind causes us to fear when there is no real danger. It leads us from our worries and anxieties into depression and ultimately, even creates suicidal thoughts. It is a thought that becomes a feeling and ultimately becomes an action. Thus, the issue of stress manifests in our body although it is a problem of the mind.

Haven't you seen people living with loneliness? They may be living in a crowded city with many people in their homes, but they feel very lonely. This is caused by the mind. The mind causes many problems. It makes us feel helpless, just as it creates pessimism and makes us live with hopelessness. We live with doubt and the mind steals our faith, courage, hope, and enthusiasm. Is there a way to overcome all the problems of our mind?

4. THE AGONY OF THE EGO

What causes a burst of anger in us? We scream, even resort to physically abusing somebody when we lose control of ourselves. Later on, we may regret it, but what caused it? Another agony that we face is hate. We become so bitter and unfair that we spit our poison on others. The third form of agonizing ourselves is vengeance. We want to take revenge against somebody who has done us harm. What causes all this agony in us? Instead of appreciating others, we become jealous and lose our own peace and happiness.

We all experience anger, hate, revenge, and jealousy, but very few of us realize the cause of it. The root cause of all these poisonous emotions is our own ego. We all know the ego, the one that says, 'I', 'me' and 'mine'. Our existence is because of the ego. The moment we say there is no ego, there is no existence and the moment there is existence, there is the ego. If the ego is such an integral part of our Life, and it causes so much agony, what can we do about it? There is a solution to our ego problems. There is a way to transcend the ego. If we overcome the ignorance that we live with and we Realize the Truth, we can let go of our ego, and live with humility and tranquillity. Most of the world suffers deep misery because of the ego. While there is suffering due to physical pain, and there is misery due to our negative thoughts, the ego causes agony, beyond the problems of the body and mind. But there is good news. We can overcome the ego and its agony.

5. PROBLEMS BEYOND OUR CONTROL

For every problem under the sun, there is a remedy or there is none. If there is one, try to find it. If there is none, never mind it! Many of us have heard these soothing and calming words. What do you do when you face problems that are beyond your control? If you are suffering from burns, you can apply a cream on your skin. If your mind is creating misery, you can try meditation. If your ego is bursting with anger, you can learn to discipline your ego. But what about those problems that come from nowhere? What about those challenges that are beyond our control?

Many of us face problems that seem to have no solution. We live a virtuous life, but suddenly we are faced with a tragedy. We look up at the sky and we cry, and we ask 'Why?' But there are no answers. Nobody can explain why these unforeseen problems descend upon us and steal our Happiness.

Then we resort to religion or we try all the superstitions that the world has to offer. In Africa and the Caribbean, people try Voodoo, magical rites to do with spirit possession. In India, people try Reiki and Vaastu. They break the doors of their home and reposition them so that their problems disappear. The Chinese try Feng Shui to solve their problems. Is there a way to deal with these problems that are beyond our control? Yes, there is!

6. WE SUFFER THE TRIPLE SUFFERING

Whether our problems are due to our hardware, our gross physical body or our miseries are caused by the software – the subtle invisible mind or further still, if our suffering is due to the agony caused by the ego, we human beings experience this triple suffering once we arrive on planet earth. Nobody who is alive can escape from this triple suffering. It seems that every human being is gifted pain of the body, misery of the mind and agony of the ego the moment they are gifted life on earth. Is that the reason why when a child enters this world, it comes out screaming and crying, not giggling and laughing! It already knows that it is going to suffer the triple suffering.

The Buddha, the Awakened One, called this *Dukkha*. He categorically stated that every human being will suffer. To him, suffering was that of disease, old age, and death. But the problem of suffering he discovered was much deeper. It was fundamental unhappiness caused by our dissatisfaction due to our desires. Because we crave, we take our problems to our grave. He advocated *Nirvana*, to overcome all the suffering.

Whatever religion we follow, and whatever be our nationality, all of humanity experiences this triple suffering. The moment we live as the human-computer, with body, mind, and ego, we face problems, and we suffer due to our problems. But the one question we do not ask is - Who actually suffers?

7. WHO ACTUALLY SUFFERS?

'I feel so miserable', screamed Rekha. 'My daughters do not obey what I say, and my son is impossible! I wish I could die. I am so miserable!'

'If I could get a chance to kill Robert, I would not only kill him, cut him into pieces and feed him to the dogs!' said Dominic. Hate and anger had made him obsessed with thoughts of revenge.

'I will die,'pleaded Ramesh as he lay on the hospital bed suffering from cancer. The suffering was beyond what he could bear. He was writhing in pain.

Who actually suffers? No doubt the body experiences various kinds of pain. It may be a fracture, a root canal, a burn or even cancer. Every 'body' suffers physical pain. The mind becomes miserable. We experience the poison caused by negative thoughts and feel disgusted, disappointed and lose our Peace and Tranquillity. Our ego not only becomes angry, and burns within, but gets agonized with hate, revenge, and jealousy. But ultimately who is the one who is suffering the problems? The human being that comprises the physical body and the subtle Mind and Ego, ME, experiences this triple suffering. It is not three different people, who suffer – it is one human being. But in reality, while the body suffers pain, the mind becomes miserable, and the ego gets agonized, 'I', the one who has a body, mind and ego, do not really suffer! What causes me to experience this suffering?

8. OUR IGNORANCE MAKES US SUFFER

For somebody reading this for the first time, it is a matter of wonder when we ask, 'Who suffers?' Of course, 'I' suffer physical pain, mental trauma, and the agony of hate, anger and the likes. What we do not realize is that the cause of our suffering is our ignorance. No doubt the body will experience physical pain, the mind, miserable thoughts and the ego will get angry, but I am not the body, mind and the ego.

No doubt I am alive in this body, but 'I' am not the body. I have a body. That is why I say, '*This is my hand, my head and my heart.*' But I am not the body, mind and ego. Just like I live in a house, I live in this body and suffer the physical pain of the body, because I am ignorant that the body suffers. 'I' need not suffer the physical pain that the body does. Only the body suffers it.

Because we are ignorant, we become miserable thinking we are the mind. But where is the mind, we cannot find. It is just a bundle of thoughts. It is these miserable thoughts that make us suffer. Because we perceive ourselves to be the mind, our ignorance makes us miserable. Our biggest ignorance is we do not realize 'I am not 'I'.' I am not the 'I' that will die. I am not the body and mind that I look at in the mirror. Because I think this is ME, the Mind and Ego, it envelops me in ignorance and makes me continue to suffer the problems of the body, mind, and ego. What causes this ignorance? What is the cause of all the problems of the body, mind and ego, that causes our suffering?

9. WE BELIEVE IN FAIRY TALES

We human beings love fairy tales. We listen to traditional folk tales and folklore and enjoy imagining witches and ghosts. We wait every year for Santa to bring us gifts and we feed the elephant-God sweets. We grow up believing in the myth and that is why we never Realize the Truth. We believe that we are the body that must suffer, the mind that must become miserable and the ego that must necessarily get agonized when in reality, we are none of these. Not only do we create problems for ourselves, but our belief in fairy tales envelops us in ignorance that makes us continue to suffer the triple suffering of life.

Some fairy tales are obvious, but some, very subtle, very natural. We say, 'I am John,' but this is a lie! We were not John when we were born and when John will die, the 'I' in John will leave John, and we will say, '*John passed away, John departed!*' Then comes another fairy tale – '*Let us pray for the departed Soul.*' '*RIP – Rest In Peace,*' we pray, when in front of us, the body turns to ashes. We continue to be enveloped in the darkness of ignorance and we never Realize the Truth – what is the reality? Who actually dies? Who passes away? Who are we in reality? Who is the one who suffers? Is there a way to overcome all our problems and suffering? As long as we believe in fairy tales, we will live with the myth, we will never Realize the Truth, and we will take our problems and our suffering to our graves. When will we stop believing the lies that we are told and discover the Truth?

10. WHAT IS THE REAL CAUSE OF PROBLEMS?

While there are many problems, and they are classified as problems of the body, the mind, and the ego, if we contemplate and investigate, there will be one great realization - the realization that there is one solution to all problems. For somebody who has not realized the Truth about life, this may not make much sense now, but, by the end of this journey of reading this book – Many problems, One solution, we will realize beyond doubt that the cause of all problems is one.

Look at a tree. It has a trunk, it has branches, leaves, flowers and fruits. Each of these is different from the other, but all of these are caused by one seed and the sap that flows to all of them. The cause is one.

Isn't your nose different from your eye? Isn't your heart different from your brain? Of course, you will agree that they are all different from each other. But what about the cause? They are caused by one cell, one zygote. So also, our problems are caused by ignorance. Because of ignorance, we do not Realize the Truth. Because we do not Realize the Truth, we suffer physical pain of the body, misery of the mind and agony of the ego. The suffering caused by problems that are beyond our control is also due to the same ignorance. When we look at the solution to our problems, we will get clarity about the root cause of all our problems. The *real* problem is not fear or depression, not anger or suicidal thoughts, not even failure and poverty; it is IGNORANCE!

11. IS THERE A SOLUTION TO ALL OUR PROBLEMS?

What is the solution to all our problems? If there is one cause, and we have dozens of problems, then what is that one cause? Our life may be made up of many shoots and fruits, but what are the roots of our problem? It is a dream for every individual to live a problem-free life, a life where there is no suffering of body, mind, or ego. But how can we reach that state of *Ananda*, of Bliss, Joy, and Peace?

When we look at a tree that is 200 feet tall, is it easy to believe that its millions of leaves and thousands of branches all sprouted because of one seed? The seed of all our problems is Ignorance. If we eliminate the seed, there will be no tree. If there is no ignorance, we would not have any problems. It would lead to the end of all our suffering on earth.

While we know that our problems are many, the solution is one, 'Overcoming Ignorance!' How will we overcome this ignorance? How will we Realize the Truth? How will we be Enlightened? Unless we ask questions and investigate, we will never realize that one solution to our many problems. There is a solution, and it is a simple solution. But as long as we live as the body and mind, driven by the ego, we will continue to sink in this material world and suffer. Only a few amongst us will be blessed with Enlightenment to Realize the Truth and to find that one solution to all the problems of our life.

CONCLUSION PART B: THE CAUSE OF OUR PROBLEMS

Suffering caused by diseases and physical pain, misery of the mind and agony of the ego, is something we all experience. As we live in this world, we experience all kinds of problems and there is no end to it.

Not many of us stop to find a solution to all our problems. We believe that this world is meant for us to suffer, and problems will accompany us till our last breath. Sure, they will, but just because we have problems, we do not have to suffer, we do not have to become unhappy. There is a way to overcome all the suffering that is created by all the different types of problems of our life.

Start the journey now. Realize that your body suffers, not you. Observe the mind as it becomes miserable, creating fear, worry, and anxiety. Stop the ego from making you angry or jealous. You are the witness. You are the observer. You live in the body. But one day, at death, you will leave the body and go. Don't you know this Truth? Then why are you continuing to suffer the triple suffering as the body, mind and ego?

We know by now it is our ignorance. Because we have believed in a fairy tale, we are all prisoners in a jail behind the prison bars of problems that stop us from enjoying this beautiful journey of life. Now that we know the cause of all our problems is living as body, mind and ego, let us find a solution to it. It is undoubtedly a journey of Enlightenment.

PART C

HEART BREAK
FAMILY ISSUES
DESIRES
SUCCESS
SICKNESS
STRESS
ANXIETY
THE SOLUTION
HATE
HEALTH
FEAR
DEATH
FAILURE
REVENGE
POVERTY
ANGER
WORRY

PART C
THE SOLUTION

Problems are Many but the Solution is One
When we Overcome our Ignorance, then Suffering is None

Is this some kind of a magic show? One magic wand can create so many tricks. The wand of Enlightenment can sweep away all our problems as it Enlightens us with the Realization the Truth.

Those who are ignorant of this possibility, will continue to live with their problems and continue to suffer. However, there will be those who will find a way to leave all problems behind. They will leave fear, worry, stress and anxiety behind. They will transcend loneliness and heartbreak. Failure and poverty will be nothing to them. The problems of this world cannot touch the one who is Enlightened with the Truth.

While most of us will continue to not only live with our problems but also with suffering, the one who realizes the one solution to many problems, overcomes the ignorance that causes all the misery and lives a Blissful and Peaceful life.

What is the way to discover this magical solution to all our problems? It is not magic! It is simple logic! But unless we transcend our biggest enemy, ME, our Mind and Ego, we will continue to live in ignorance and suffer the assault of our problems, from birth to death. Let us take a breath and start.

1. WHAT IS THIS IGNORANCE THAT CAUSES SUFFERING?

We human beings are ignorant about who we truly are and why we are here. We consider ourselves to be the ones we see every morning in the mirror when we wake up. We do not believe who we are, we know it. For instance, somebody says, '*I am Vikram Singh. I am a Sardar. I am an Indian. I own the Singh Mills. I am the father of Gurpreet, husband of Tanu, son of Mrs. and Mr. Harbhajan Singh. I am 42 years old, and President of the Wheat Mills Association.*' What we do not realize is that all this is a lie. This is ignorance. Maybe he is 42-years old today, but last year he was 41. He is Vikram Singh only as long as he is alive in that body and he will not continue to be the President of the association always. Because we are so enveloped by our ignorance, we do not realize who we truly are and we suffer the pain of our body, misery of our mind and agony of our ego.

We do not even know why we are here. Are we born just to live, eat, laugh, grow up, earn, procreate, and die? There is a purpose for our life, but we are ignorant about what it is. The moment we overcome our ignorance and we Realize the Truth of who we are and why we are here, we start solving the many problems that we have. Overcoming ignorance will help us overcome all our life problems. But, as long as ignorance continues to blind us, we continue to suffer, day after day, not knowing that we are not the ones who are meant to suffer all the problems that seem to be ours.

2. WHAT IS THE TRUTH ABOUT LIFE?

Our journey of life starts not on the day we are born on earth. It starts when the zygote takes birth. When two cells of our parents experience a fusion and there is conception in the womb, the journey of life starts. Do we not see an embryo with all its organs intact before it is delivered on the planet? There is no mystery about how the human body is created and how it starts from one single cell that has life. Some of us, do not develop a limb or a critical organ in rare cases. But the journey of our creation starts 9 months before we see the light of the sun.

Then, we are given a name. We are baptized into our religion, sent to a school and university. We are made to marry and to procreate. Eventually, we grow old. The body may experience decay and disease, otherwise, it just grows old and dies. Because we are not the body that dies, our relatives burn the body or lower it under the soil and leave it there for the worms. Why? Because the one who was alive, passed away, departed, expired, or moved on. Isn't this the Truth about life?

Throughout life, we do not realize that we are that Power, that energy that started as a single cell and that left the body. We believe ourselves to be that 'body' all through our life and we suffer all the problems of that body, which we are not. When we realize this truth, in that flash of a moment, all our problems are solved!

3. LIFE IS LIKE A DREAM

Suppose you dream that you have lost a lot of money in your business. There are hundreds of people calling you, waiting outside your door and nagging you for their dues. You are so helpless that you sell your cars, your home and your properties. You have nothing left. In that moment of poverty, your wife takes your two young sons and walks out of the house, leaving you to be miserable alone. You have no option but to commit suicide. You consume poison and damage all your critical organs, but you do not die. You are crying and suffering like nobody on earth! Then, you wake up from the dream! What happens to your poverty, your sickness and your broken family? Nothing! There was no problem. It was just a nightmare, a horrible dream!

While we understand that a dream is a dream, we do not understand that life too, is like a dream. The only difference is that we wake up from a dream in the morning, while we wake up from the dream called 'Life' at death. Have you seen a dead person carrying all their problems to their graveyard? No! All problems are temporary. But we become miserable because we think they are real, and we suffer, instead of putting our problems in proper perspective. When we realize our body may suffer physical pain, our mind may be miserable and our ego, agonized, we, the one who is alive within, need not own all the problems of this body and suffer. The moment we realize life is like a dream, our problems are no more!

4. WHO ARE WE IN REALITY?

What is the Truth about our life? Is there any doubt that we *have* a body, but we are not the body, just like we may have a car or house, but that is not us? Because we seem to be that person, we suffer all the problems of that individual.

Then, the mind is miserable with many problems. We fear we will contract a serious disease, we worry about the loss of love and losing our relationships. We are anxious about every little thing in our life. But who is anxious? It is the mind. Where is the mind? Let us try to find the mind. We can find our nose, our ears, and our feet. We can even see how each of our critical organs looks like in an X-ray or scan. But have you ever seen a picture of your mind? No, never! How can you when it does not exist? It only creates problems for the one who is alive, when it becomes the ME, the Mind and Ego, and stops us from realizing who we are in reality.

The ego thinks 'I am 'I'. This is me, and that is mine!' It is because of this ego that we suffer anger, hate, and jealousy. We are so worried about our image and the embarrassment we would face if something went wrong to this ego in a body and mind, that it creates major problems in our life.

It is ironical that we are neither the body nor the mind or ego, but we suffer all the problems of body, mind and ego. When we realize the reality that we are the Divine Soul, we are liberated from all our problems.

5. AM I THE BODY THAT SUFFERS?

Of course, the body experiences pain and it suffers. Haven't you gone through a painful, decaying tooth? Have you ever experienced a broken bone, a ruptured ligament, or a muscle tear? Chances are that you must have suffered physical pain of the body. *Sarah, unfortunately, had cancer. It had been detected too late and she was given a few months to live. But Sarah had realized that her body was not who she was. She had Realized the Truth about life and was determined to live happily till she died. Unlike some of us who will cry at the slightest pain in our bone or skin, Sarah used the power within to transcend the severe pain.*

Sarah was very clear – 'I do not have cancer, my body has! It will soon die, but nobody can escape death!' She asked to be given all the possible opioids – morphine, methadone and took every possible treatment to relieve the pain. She embarked upon a journey to her dream mountains, exotic beaches. She shifted her thoughts to being happy. Every day, she would post an inspirational thought on social media where her tagline was, 'I am not the body that suffers cancer!' How many of us are like Sarah who realized that she was not the body that was suffering from cancer? How many of us kill the pain, before the pain kills us? Because we think we are this body, we cling to it and we continue to suffer, even worrying about the side effects of medicine when we know for sure, that this body will die!

6. AM I THE MIND THAT IS STRESSED?

'I am so depressed,' said Sheela. 'I keep getting anxiety attacks. I feel miserable.' Many of us like Sheela are stressed out in Life. We live with fear, worry, stress, anxiety, and depression.

Tenzin was a Buddhist. She too used to get stressed and depressed. One day, a Spiritual Master told her, 'I will remove all your stress and depression. Just bring your mind to me.' Tenzin tried hard but could not find the mind. She realized that the monkey mind was a rascal. It was just a bundle of thoughts and nothing more. She further realized that if she lived as a witness and observer, with mindfulness, which is nothing but consciousness or thoughtlessness, she could transcend the mind that seemed to be stressed.

What is the problem caused by the mind? It is that part of our subtle existence that creates dozens of problems, but the moment we realize we are not the mind, though we seem to have a mind, we can transcend all the stress, worry, anxiety it causes. Unfortunately, we think the mind to be me, just like we think the body is who I am. The moment we realize we are not the mind, and we use our intellect to discriminate thoughts, all stress and worry will disappear as the mist evaporates in the morning sun. But if we do not, we will continue to live with all our mental problems, till our ultimate moment of death. Kill the mind before the mind kills you. Tame the monkey mind and make it a monk!

7. AM I THE EGO THAT IS AGONIZED?

Amongst the biggest problems in the world, are anger, hate, revenge and jealousy. They create agony and the poison within us leads to so much suffering.

From the time we become conscious of ourselves, the most common word we use in our life is 'I'. All the time, our focus is on 'I', 'me', 'mine'. This makes us different from 'you', 'him' and 'her'. It creates duality and makes us suffer in agony. We hate somebody else only because we think we are different from them. But are we the ego that suffers this poison? The moment we realize that we are not different from each other, we will be free from this suffering. Have you ever seen the left leg kicking the right leg? Never, because by nature we will not cause harm to ourselves. The ego makes us take revenge on somebody else who has harmed us. We hate another because of a past episode, in which they may have insulted us. We are angry at others because they may not fulfil our expectations, just as somebody else makes us jealous because they are more successful, wealthier, healthier.

The moment we realize our true identity, that we are not the body that suffers pain, nor the mind that is depressed, nor the ego that is agonized, all our problems are solved. Because of our ignorance in not knowing who we truly are, we suffer as the body, mind and ego. The solution lies in discovering the Truth of who we are in reality.

8. WE ARE THE DIVINE SOUL

All our problems in life can get solved if only we realize the simple truth that - We are the Divine Soul. We have discussed many problems in this book, but when we analyze the problems, we realize that the suffering is of the body, the misery is of the mind and the agony is of the ego, but we are none of these. We are the Divine Soul.

Because we are ignorant of this Truth, we live and die with problems. We know the difference between a hardware and a software in a computer. Both are needed for the device to function. So also, we understand that the hardware of our body, everything that exists between the bone and the skin, needs the software, the mind, intellect, memory, and the ego, to function. However, can the computer function if the battery is dead, if there is no electricity, power bank, or an alternative power source? The computer would be dead. While we understand what a battery is in a gadget, we have not realized the Power within us, that gives us life. There is an energy that makes us walk and talk. There is a Power that gives us breath till our death. We are that Power, whether we call it the Soul, the Spirit, or the *Atman*.

Because we do not realize we are the Divine Soul, hundreds of problems seem to circle our life. These problems exist, but they do not belong to us. When we realize this, we find a solution to all the problems of our life.

9. THE SOUL NEED NOT SUFFER

If a bulb in our house breaks, does it affect the electricity that gives it power? The bulb may be in pieces, but it makes no difference to the energy that made it glow. The air conditioner may catch fire and be destroyed. But it does not destroy the electricity that triggered its motors. Just as we understand that there is energy all around us, we must realize that we are that energy, that gives life to the human being that we seem to be.

It is very difficult for us human beings to Realize this Truth – that we have a body, but we are not the body. We seem to have a mind, but where it is, we cannot find. Throughout life, the ego says 'I', but it will last only till we die. Then people will say, ' He passed away, he departed, he moved on.' The moment we realize that we are the one who departs at death, we are the Power that was all along giving breath, we need not suffer anymore. The suffering doesn't belong to us. If my car has an accident, I do not have to suffer. My car is smashed. So also, the suffering of the Mind and Ego, ME, does not actually belong to me. When we realize this, then we are free from all suffering.

The Soul need not suffer. The Soul is birthless and deathless. It is a Power, energy that gives life to a human body. When we realize we are that Soul, and not the human body, all our problems are solved because the problems do not belong to us in the first place!

10. BUT THE 'ME' MAKES ME SUFFER

What is the cause of our problems and our suffering? If we are not the body that experiences physical pain, then why does this body create so many problems? Why do we suffer from the fear of death of this physical body? Because we think we will lose everything that we own and all that is known, just as we fear the beyond that is unknown. But we are not this body. Then, why this suffering? The mind makes us suffer.

The ME makes us worry and fear. It is the Mind and Ego that fools us into believing that we are this body, although we know beyond doubt that we are the Divine Soul. Not just that, it continues to make us live with regrets of the past which is gone. We can do nothing about the past. But the mind takes us there. The problem is caused by the mind. It also makes us fear the future. People call us by our name millions of times, and ME, the Mind and Ego believes we are that name that we are called by. Thus, the ego suffers, because it does not realize that this is just my name and not me. Because the Ego lives with the false identity, along with the Mind, it becomes the ME and it continues to create problems throughout our life. As long as we believe we are the Mind and Ego, ME, problems will be. It is the ME that is making us suffer from birth to death and there is a solution to realize that we are not ME. In this Realization, lies the One Solution to our Many Problems.

11. HOW TO TAME THE MONKEY MIND?

To find the one solution to all our problems, we must learn to tame the monkey mind and make it into a monk. As long as the monkey lives in our head, we are dead. We must tame the monkey, cut its tail, and convert it into a silent monk. The tail is the 'EY' of the 'MONKEY', the Ever-Yelling, Ever-Yearning aspect of the mind that is the cause of all our problems. Unfortunately, we are ignorant about this. We think the mind is king, it is everything when in reality it is our biggest enemy.

The mind is a thought factory. It is constantly producing thoughts. It produces a thought practically every second. This can be 50 thoughts a minute or even 50,000 thoughts a day. It does not stop its monkey business even when we go to sleep. It bombards us with dreams and nightmares and makes us miserable. It is this constant thinking that causes worry and stress. It is the mind that causes fear and anxiety. Most of our problems are imagined by the monkey mind, as it disables our intellect to discriminate.

To tame the monkey that is our mind, we must stop its ever-yearning. The mind is constantly desiring, and this craving is the root cause of our problems. Along with its ever-yelling, the noise it creates, the monkey mind creates a pandemonium within. Inadvertently, we lose our Peace, the very foundation of Happiness. We must learn to silence our mind by using the intellect to control it just as we observe it and witness its jumping from thought to thought.

12. HOW TO TRANSCEND THE EGO?

If we want an end to all our problems, not only must we tame the monkey mind but we must also transcend the ego. It is the ego that makes us angry and upset when our expectations are not met. It is the ego that causes jealousy as we compare our possessions with others. If we transcend the ego, we can give up all this agony, including hate and revenge, which creates poison in our life. But how can we transcend the ego?

The ego is part of our ignorance that needs to be uprooted as the one solution to our many problems. The moment we eliminate the supremacy of the ego, we are free from all these toxins. But how? We have to let go of the ego. The moment we stop clinging to 'I', 'me' and 'mine', we will be fine. Because we will not consider ourselves as separate from others, there will be no inferiority complex, and we will eliminate our sense of insecurity as we realize we are all part of the one Supreme Power. The moment we transcend the ego and realize we are nothing, everything in our life will change. Our problems will disappear, as we live as the Divine Soul, not the body, mind, and ego that we appear to be. It is not very easy to transcend the ego. Along with the mind, the ego fights very hard and makes us believe the lie about who we are. The moment we are Enlightened with the Truth, the ME will cease to exist. Thus, the ego fights hard along with the mind, to keep us imprisoned in the cosmic illusion.

13. ASK, INVESTIGATE, REALIZE

By now it seems quite clear that there seems to be a solution to our many problems. But where do we start from? We must question everything if we want to Realize the Truth and get to the root of our problems. We must not hesitate in questioning our parents, our mentors, even our religion and our scriptures. The solution lies in busting the myth that we live with. We cannot go beyond fairy tales unless we ask questions. Who is the one that suffers? Why do we suffer? What is the cause of our problems? Why must we suffer? What happens at death? We should not hesitate to question everything.

Not only must we ask questions, but we must investigate. We must contemplate all possible answers and discriminate the myth from the truth. We must tear open all our beliefs just as we unentangle our complicated problems to understand what causes them. When we continue this quest of asking questions and investigating, we will realize that we are not the body that suffers physical pain, not the mind that is miserable, nor the ego that is agonized. We will realize the one solution to all our problems when we discover the Ultimate Truth of life. We are the Divine Soul.

This is the Ultimate Truth? It is quite simple, but as long as we live with ignorance, it is very complicated. The only way to overcome ignorance is to Ask and to Investigate, till we Realize the Truth. Then we will be free from all problems.

14. METHODS OF REALIZATION

Who would not like to solve all their problems? I am sure you would too. *There was once a motivational speaker who asked his audience, 'How many of you have problems?' They all raised their hands. The second question was, 'How many of you want to solve your problems?' Again, there was unanimity. He, then asked them with a smile, 'If I take you to a place where there are no problems, how many of you would like to go?' The crowd cheered – 'Me! I want to go!' 'Let's go,' he said, 'we are going to the graveyard. How many of you will join me?' There was pin-drop silence. Nobody wanted to give up their life to be free from problems.*

But you don't have to die to be free from all suffering. You need Realization. Realization is the crystallization of knowledge into an inner intuitive experience. When we open our '*Real Eyes*', we 'Realize' the Truth. There are many methods of Realization. Any method can be used. The moment we overcome our ignorance and there is Realization, we will be Enlightened and free from all misery and sorrow. Some people use the method of **Causation** to realize we are only the effects. The Divine is the cause. Some people use the method of **Elimination** - I am not the body and mind, but I exist. I am the Soul. Others use the method of the **Seer versus the Seen**. They differentiate the subject from the object to Realize the Truth. There are many methods including the scientific method of the **Wave-Particle Duality** that can make us realize we are Divine Energy. What method are you going to use?

15. THE REWARD OF LIBERATION

Once there is Realization of the Truth that we are not the bone and skin, we are the Power within, then there is Liberation. Liberation is freedom from all problems. When we realize we are not the body, the body may suffer physical pain, but we do not need to. When we overcome our ignorance, the mind may try to make us miserable, but we can transcend this misery. Once we are Enlightened that we are not the ego, there will be no agony of hate, revenge, jealousy, and anger. All our problems will in fact, disappear on Realization. We will be liberated from all suffering.

The reward of Liberation is a life without problems. Let us imagine some scientists performing a virtual experiment to peel a person's body layer by layer. They preserve every cell on the table of an airtight room to realize who he truly is. In the end, the life within escapes. If they virtually try to put back the organs and stitch the skin around the skeleton, they cannot put the 'Life' back. Realization that we are that Life Energy that escaped, not the body, mind, and ego that we seem to be, carries with it the reward of Liberation from all suffering.

Unfortunately, Liberation cannot happen unless we overcome ignorance and Realize the Truth that we are not the body, mind and ego that suffers. The reward is phenomenal – a solution to all our problems. But only a rare few amongst us are fortunate to climb to the ultimate peak of Enlightenment and to be rewarded a problem-free life.

16. FREEDOM FROM THE TRIPLE SUFFERING

Whatever be our problem, the biggest problem is the suffering caused by the problem. Whether it is fear, worry or anxiety, or stress and depression caused by the mind, we dread the suffering. Why is it that we do not like jealousy, revenge, hate, and anger? Because 'I' becomes agonized and unhappy. We are scared of a disease because of the physical suffering it will cause us. Every problem of our life is a problem, not just because it is a problem, but because it steals our peace and happiness. We are anxious about our examinations because the results may make us unhappy. We cry when our heart breaks because we suffer the loss of a loved one. We suffer loneliness and helplessness, poverty, and failure. What is the way to overcome this suffering? If we overcome all suffering, then haven't we conquered all our problems?

The moment we realize we are not the physical body made of bone and skin, the body may continue to experience pain, but we do not. The moment we realize we are not the mind that we cannot find, the misery of the mind is nothing more than a movie we are watching on television. We observe the misery, but we do not suffer it. The moment we transcend the ego, and realize we are the Soul, we transcend all the poisons like anger, hate, revenge, and jealousy. We no more worry about failure and poverty because we realize that this life is just a show. We come and we go. Realization leads to Liberation from the triple suffering that we experience on earth.

17. THERE IS NO NEED TO WORRY

Why do we worry? We worry because we have a problem. We worry because we will suffer due to our problem. If there was no suffering, then would we worry? And if there is no problem, then what is the need to worry?

The whole world lives with worry. We sweat at the small stuff without realizing it is all small stuff. One can understand the worry if there is a serious problem. But if there is nothing we can do about the problem, then why do we worry? Instead of accepting the situation, we worry and create another problem, other than the unsolvable problem that already exists. If there is something we can do about our problem, then instead of worrying, shouldn't we do something to solve the problem? Why worry? Worrying will only make the problem worse! So, regardless of whether we can do something about our problem or not, there is no need to worry, and regardless of whether there is a problem or not, there is no point in worrying!

Realization of this Truth liberates one from this unnecessary habit of worrying. It makes one realize that worrying is like sitting on a rocking chair. You may rock all day long but reach nowhere. The Enlightened one learns to live a life that is free from all worry. Whether there are problems or no problems, it hardly matters! Worrying is not a solution to the problem. It is a choice. We must break the habit of worrying and rather choose to be happy.

18. DEATH IS CERTAIN, ACCEPT IT

One of our biggest problems is death. Most of us get paranoid at the very thought of it. We are scared to die. But eventually, we have to die. Every 'body' has to die. No 'body' can escape death! Then, how does it become a problem?

The problem is not death. The problem is fear and worry that causes stress and anxiety. We fear we will lose all our possessions, our money, our property, and everything that belongs to us. We worry about our loved ones and how all our relationships will snap in a moment. But do we have a choice? Death is not a problem. It is a reality. But stress and anxiety are a problem. Because we are ignorant that we are not the body that dies, we get an anxiety attack at the very thought of death. But those who are Enlightened with the Truth, accept death gracefully. Some even celebrate death as they consider it to be a doorway to Liberation, freedom from all problems and suffering on earth.

Despite reading this Truth about the certainty of death, the problem of death does not disappear. The fear continues to haunt us as we worry about the consequences beyond death that are unknown. The solution is simple. Accept the reality of death. Realize the Truth that death is not the end, it is just a bend to transcend. The solution once again lies in overcoming our ignorance about death. Once we are Enlightened, all problems connected to death will disappear – Many Problems, but One Solution!

19. FEARS ARE NOT DANGERS

Why has Fear become such a big problem and is there a solution to it? Today, the whole world is living with the fear of a virus. Countries have locked down their borders and stopped trade and commerce. Why has a virus literally put a stop to the entire world? Because people fear death due to the virus. If the virus was not causing death, there would not be such a serious problem. Fear has made the wolf bigger than it is. The danger is not as big as it is being made to be. But fear has blown it out of proportion and so there is a big problem. In fact, it has become one of the biggest global problems of the last century.

Are fears dangers? No! A 'FEAR' is – a False Expectation Appearing Real. It appears that there is a big problem. It appears that people will die. It appears that the world will be devastated like the devastation caused by the Spanish flu of 1918 and this possibility is a big problem. The virus is not as dangerous as the fear of the virus. Mahatma Gandhi said – '*More people die out of the fear of a disease than out of the disease itself.*' Confucius said, '*Do not use a cannon to kill a mosquito*', but today, the entire world is bringing down the house to kill a rat! The solution, **kill fear before fear kills you**. Overcome ignorance before the ignorance overcomes you. The solution is no different. It is the same solution – to become Enlightened with the Truth. Are you too living in fear? Are you too worried that the virus will make you disappear? Remember, we all have to die. Let's take precautions but surrender and live with faith knowing that death is in the hands of the Divine.

20. MY BODY ACHES, BUT I AM OKAY

Ramakrishna had cancer. It was so advanced that it caused great pain. But he did not 'suffer' from cancer. He smiled, he laughed, he lived. He Realized the Truth that his body had a disease. His body would soon die, but he did not suffer the disease and the pain. He took all possible medication, but more than that, it was his spirituality, his Realization of the Truth, that made him embrace the problem with courage. For sure, he had killed cancer before cancer could kill him! Can we be like Ramakrishna?

Most of us cry as we complain, 'I am sick!' We say, 'It hurts so bad,' when our body aches. We consider the problems faced by the body to be our problems and we suffer. But suppose we said, 'My body aches, but I am okay,' then we would have found a solution to many a problem of life.

Can we stop little aches and pains from passing by? Pain is like a zooming train. Sure, it comes, but it never stays. Has any pain lived with you forever? Instead of suffering from the pain, we should realize we are not the ones made of skin and bone. If that is our tone, then we will destroy the pain before the pain destroys us. The solution is not in having life without aches and pains. The solution is in acceptance and responding gracefully with a smile. Realize the Truth – there will be pleasure and pain, sun and rain, loss and gain, but we must laugh again and again. Pain can never kill us; we can kill the pain.

21. POVERTY IS A STATE OF MIND

Some people suffer because of poverty. They suffer from the problem of having less than what they need. Some let greed take charge of their life. Let us analyze the problem of poverty.

Who suffers more from poverty? It is not the poor; it is the rich. The thought of poverty kills them. Those who are poor are content with whatever little they have. They count their blessings and accept problems without fear or a tear. But the ones who are rich suffer because although they have enough, enough is not enough. The problem of poverty is an attitude. They confuse their needs with their wants and thus, they suffer. In fact, they create the problem of poverty. They believe in the myth – *Money equals Happiness*. If this were true, then the rich should have been glad, but if we look around, many of them are sad. Poverty is a state of mind. The problem is not with poverty, the problem is with the mind.

What is the solution to poverty? To realize that despite having less, we can have a smile on our face. If we have less than our basic needs, there is enough opportunity for us not to sink into poverty. Further, there are enough philanthropists who reach out to those who cannot fend for themselves. The solution to the problem of poverty is to eliminate the beggarly thoughts from our mind. Look out of your window, and you will find that people who seem to have less wealth, seem to have far more in terms of the treasure of happiness as they have eliminated poverty from their mind.

22. SUCCESS IS NOT HAPPINESS

From the time we are kids, we are taught to be winners. We have been brainwashed into believing that the goal of life is achievement. We should be rich, wealthy, and famous. In school, we were told, 'You should become the class leader,' and later, 'the school captain'. Life is basically thought of as a competition and we work hard to get into the soccer team or the quiz team. Our entire focus is on success. As we grow up, the game changes, but not the goal. The goal is still to be a champion. This creates stress and anxiety in our life, but this is something we are never taught. We are not taught how to solve our problems.

Why are we taught to succeed? Because we are made to believe that '*Success is Happiness*'. Who doesn't think that if you are not successful, you cannot be happy? Unfortunately, we are taught the wrong equation. *Success is not Happiness, Happiness is Success.* The pursuit of success becomes a big problem and then, the only bigger problem that arises is, when we do not achieve success. Then the problem is about disappointments and frustration. The paradox is quite ironical because even if we come second and get the silver medal in the Olympics, we cry because we fail to get the gold. What is the solution? To exit from the first peak of achievement, transit the plateau of contentment and fulfilment, and reach the destination of Enlightenment. It is in overcoming our ignorance and Realizing the Truth that we attain the state of Eternal Peace and Everlasting Happiness as we are liberated from all misery and sorrow.

23. THE HEART CAN NEVER BREAK

How often have you experienced a broken heart? Isn't it common to cry when we lose our loved ones? We even grasp our chest as if to hold our fragile heart from breaking. When will we overcome the myth that our heart is breaking - the heart never breaks! If it did, we would be dead. It is just a trick of the mind. It gushes blood to the heart and makes the heart the organ of emotion. Another unfortunate illusion that only adds to our problems!

But we do experience heartbreak when our love affair ends. What is the cause of this problem? It is our deep ignorance about our relationships, we think that our relationships will last forever. Although we see that we come alone into this world, and we go alone, we still expect our loving relationships to be eternal and everlasting. This is our foolishness. Our ignorance lies in not realizing that the body will die and that nobody can escape death. Relationships in this world are only temporary and when we fall in love, at that very moment we must be prepared to lose the one we love because eventually, nobody can escape this. Still, heartbreak is one of the world's biggest problems. Kings and monarchs as seen in history were willing to give up their kingdom, their crowns and thrones for the sake of the one they loved. The solution lies in not only loving and enjoying the ecstasy and happiness that comes with love, but to Realize the Truth that True Love is Bliss, not just a Kiss! It is the Divine unconditional love of the Soul that is immortal. As long as we do not realize this, we will continue to live with the problem of a broken heart.

24. WE ARE NEVER ALONE

Many of us experience the problem of loneliness. What is strange is that although we are in the midst of thousands of people, we still experience the misery of being lonely. What is the real problem and what is the solution to the problem?

The problem lies in us living as this body-mind complex, with an identity that is defined by our ID card. Everything on our ID card is fake. Our name, our date of birth, our nationality and photograph fool us into believing we are this, and then limit us to being this personality as per these credentials. Obviously, there will be a problem of loneliness because we separate ourselves from others who in reality are the same Divine Soul that we are.

Imagine the right hand was kept separate from the left hand. Would there not be loneliness? Sure, both the hands need to function together for the body to be whole. So also, to overcome the problem of loneliness, we have to think beyond our physical existence and experience the oneness with the power that is all around us. When we realize we are the Divine Soul, then where is the question of being lonely? Unfortunately, we do not realize that we are not the name that says, 'I am'. We are not even the reflection we see in the mirror. When we realize we are the energy that throbs in every cell, we will find the solution to loneliness. We are never alone! The Divine exists in every cell of our body and in everyone and everything around us. We must Realize this Truth.

25. LET'S CONTROL OUR REACTIONS

The problem in life is we do not like whatever is happening around us. So, we cry, and we look up at the sky and ask, 'Why? Why was she rude to me? Why did he make me the last priority? Why was I given the least share of property by my father?' All the time, we are questioning people's actions and becoming miserable. It seems like we have handed over the control button of our life to other people and they seem to be in charge of our problems! Have you not got upset when you opened your box of pizza to find it was not what you had ordered? Or when the Amazon packet did not carry the merchandise you saw in the picture! The bag you brought home, did not carry the gift you had selected for your loved one. We all get upset and angry at other people's actions. What is the solution?

The solution is to realize that we cannot control other people's actions, but we can control our own reactions. If something is done, we have to learn to accept and surrender to it. Yes, we have an opportunity to take action before the task is completed by another. But once it is over, it is over! Our reaction is the biggest problem as it leads us to becoming unhappy and bitter as we carry the disappointments in our head till we are dead. When will we Realize the Truth that this life is just a show? We come and we go. Every action is performed by an actor, who is a part of this Divine drama called 'Life'. The solution is to accept, to surrender and to control our reactions.

26. HAPPINESS IS IN THE 'NOW'

What is the biggest problem related to Happiness? We do not know what Happiness is and we do not know how to be Happy, while there is nobody in this world who does not want to be Happy. If you ask anybody the question, 'What are you seeking?', the chances are the reply will be – Happiness. But do you have a list of the 10 Happiness triggers of your life right now? Not a list that is vaguely present in your memory or subconscious mind. Do you have a printed list, from 1 to 10, that lists the most effective source of Happiness in your life? The problem is that we all want to be Happy, but we do not realize that Happiness belongs to the 'now'. If we want to be Happy, we must be Happy right now!

We cannot be Happy in yesterday, nor can we be Happy in tomorrow. Even if they are pleasant memories and exciting plans, the Happiness belongs to this moment, the 'Now'. Therefore, if anybody has a problem of unhappiness , they must do a simple thing – they must make a Vow to be Happy in the 'Now'.

Life is all about moments. Moments create minutes that become hours, that finally form days, weeks, months, and years. If you lose the moment, you lose life itself. Many people live an unhappy life because they do not know how to be Happy in the moment. It is very simple, just pull one of your Happiness triggers. Make that list now and do not put off that action even for another minute.

27. THE PAST IS GONE, THE FUTURE NOT YET BORN

Can you go to New York, New Delhi or New Zealand? Of course, you can! But can you go to yesterday? You cannot! The past is gone, and the future is not yet born. Many people have big problems of stress, depression, poverty, loneliness, even suicidal thoughts because they swing like a pendulum, first to yesterday, and then to tomorrow. They lose the present moment of Bliss. Most of our problems are caused because of this swinging from the past to the future and then to the past again. Even if somebody is enjoying a beautiful sunset in the Maldives, they are worried about an incident that happened in their last snorkelling trip or are more concerned about taking a picture to upload on social media. They lose the present moment of ecstasy. When will we learn to be conscious of our life and not lose it in yesterdays and tomorrows? We have a choice, but we have made it a habit to lose our Happiness. We have let our monkey mind take charge of our life and it makes us swing here and there and it causes many problems. Haven't you heard – tomorrow never comes? Even if it comes, it comes as today. Stop for a moment and ask yourself – all the dozens of problems that I have, are they killing me now? The answer is 'No!'. We can escape from all the problems of our life in this moment. Then, the challenge is to repeat the act again to live moment by moment, without problems.

Leave the problems of yesterday and the challenges of tomorrow where they are. Life is about today, about 'Now'. In this moment, there are no problems!

28. WHATEVER WILL BE, WILL BE

In this world, there are two types of people. One, who live with problems and second, who have no problems. What is the solution found by people who have no problems? The Realization – *Whatever will be, will be.*

We live with our ego and we believe that we can make the impossible, possible. What we don't realize is that sometimes, despite our best efforts, the possible becomes impossible. Why does this happen? We live with the ignorance that we are in control of all our actions and thus, the fruit of our actions lies in our hands. We don't realize that there is a factor beyond our comprehension that controls the results of all our actions. There is no doubt that if we plant mangoes, we will get mangoes and not apples. But what if there is a drought or a flood or if insects destroy our tree? There are factors beyond our control that control what will be. When man does not learn to accept this Divine factor that is beyond our control, we live and die with problems.

What about the one who accepts whatever will be, will be? They do their best but leave the rest to the Divine factor. They even hand over their problems to that Divine factor that is more powerful than them. The problems get resolved by themselves. And whatever doesn't get solved, they accept it and do not think of that as a problem. This is the simple way to find a solution to all our problems.

29. THE ART OF ACCEPTANCE AND SURRENDER

What is the way to a problem-free life? *Accept, do not wonder. Replace hope with surrender.* As long as we live with regrets, we nurse, we curse, and we rehearse our problems. This will continue to fester and create more pain. We must learn to accept, to let go. Some people continue to wonder why the problem arrived long after it has departed. They cling to their problems. But the ones who overcome their problems, never look back at them. They realize – *If behind, at our problems, we were meant to see, then at the back, not in front our eyes would be. They look forward and they move on, accepting the journey of life, they do not live in the realm of – I would have, could have, should have!* What do they do?

They learn to surrender. They know that they cannot stop what is unfolding in their life. Therefore, they accept what is happening and they surrender to whatever will happen. They have no problems because they have learnt the art of Divine acceptance and surrender. This is the way to overcome the fear of death, to go beyond worry, stress, anxiety and depression. They redefine **FAITH** as – **Full Assurance In The Heart**, and **HOPE – Having Only Positive Expectations**. They live with **TRUST – Total Reliance Unconditional Surrender To The Almighty**. Thus, they have no problems. By living with acceptance and surrender, they have found one solution to all their problems. They have learnt the simple secret about problems – *What you resist will persist*!

30. ENJOY THE SHOW CALLED LIFE

What is life all about? Life is a show. We come and we go! Problems are part of the drama. They make life exciting. Imagine how boring life would be if there were no problems!

Unfortunately, we do not realize that life is just a game. We fight with one another, we are ready even to kill somebody for money, or property or rivalry. But ultimately, nothing will belong to us. When we were kids, we had a game-playing attitude. When we played a game like monopoly, we had fun buying hotels and using paper money. Our innocence made us enjoy the game. In the end, we would put the game back into the box and laugh. But as we grow up, we forget to smile, and our misery sticks with us all the while, and becomes longer than river Nile! We forget that life is just a game, just a show and thus, we do not enjoy it.

What happens in a drama? One actor attacks another on the stage. But when the drama is over, they do not carry the problem back in their heads. They realize it was just a drama. They let go of whatever happens. But we human beings don't realize that everything that is happening in our life is nothing more than a drama, a show. If only we realized that our problems were not real and that ultimately, the show would be over, we would not carry our problems with us till our grave. Even if we want to, our problems will not come with us beyond the show called 'Life'.

31. CAN APPLES GROW ON A MANGO TREE?

Do you believe in the Law of Karma? Do you acknowledge the principle – *As you sow, so shall you reap?* Do you accept the law of the boomerang, *what goes around, comes around? What you do, will come back to you. What you give is what you will get?* This is the reality of life. Those who understand the Law of Karma find a solution to all their problems.

Karma means action. As per the Law of Karma, the seed you plant determines the fruit on the tree. So also, the deed you plant determines your destiny. If there are apples growing in your garden, you do not worry, and wish and pray that mangoes should appear on the tree. If you really want mangoes, you will plant mango seeds. So, the ones who overcome problems in this world realize that problems are only the fruits of their past actions and as long as there are deeds of thorns that they have planted, they will not only anticipate those problems but welcome them and then, face them, fight them and finish them! This is the way to deal with problems.

The solution lies in Realizing the Truth that in this world, there is nothing like luck, fate or serendipity. Everything that happens is governed by Universal Laws. It may be the law of Action and Reaction or the Law of Cycles that causes day and night and seasons to change. If you want an end to all your problems, the one solution lies in understanding and accepting the Law of Karma.

32. LEARN TO LAUGH THROUGH LIFE

Who are the ones who live with problems? They are the ones who have not learnt to laugh through life. Does the world deny that laughter is a tonic that works on all problems? No! But the challenge is how to laugh when you have problems!

We must learn to put problems in a proper perspective. We must remember that every problem has a limited lifespan. Problems will not last forever and if some do, eventually, they will cease to be, because we do not last forever. Therefore, is there any doubt that every problem will come to an end sooner or later? Those who realize this learn to laugh through the problems of life.

Problems are guidelines. Problems are not stop-signs. Just because there are boulders in its path, does the river stop flowing? The stones create a mystical music as the river dances over it, under it or besides it. What does the river teach us – we must be unstoppable. We must not let our problems stop us. Those who learn this secret, remind themselves that a problem is not a stumbling block. It is a stepping stone. They climb over their problems and reach the top with a smile. A life without problems is an illusion. It is like a mirage in the desert. But the One Solution to All Problems is a reality. It is not an illusion. Those who are Enlightened with the Truth, laugh their way through life as they overcome the darkness of ignorance. As the darkness of ignorance disappears, their problems also disappear.

33. ELIMINATE ANGER, HATE, REVENGE AND JEALOUSY

Do you want to find the one solution to your many problems? Then resolve that you will never be angry. Anger is a fire that will burn you before you spit it on the one who makes you angry. It is caused by ignorance where we think others to be separate from us. The right eye never gets angry at the left eye. They know we are one. So, if we overcome our ignorance, we will be able to eliminate anger. Overcoming ignorance will not only eliminate anger, but when we realize that others are a part of us, the one Divine Supreme Soul, we will also transcend hate. The deep negative dislike that creates so many problems will disappear from our life. Many of our problems are rooted in anger, hate, revenge, and jealousy. The moment we become one with others, there is no question of jealousy, just as revenge becomes irrelevant. Do we ever take revenge against ourselves?

The moment we Realize the Truth of who we are, these 4 monsters disappear from our life. They were the cause of our major problems. However, very few amongst us are blessed to transcend the ego that is agonized by anger and hate. Very few of us are able to transcend revenge and jealousy. Because we continue to live in our ignorance, the duality between us and others, separates us from one and another and continues to cause problems. Let us realize we are all one, just like the waves of the ocean that may appear different, but ultimately, they are part of one ocean.

34. CAN WE CARRY A PIN BEYOND DEATH?

There was once a very greedy man. He was very rich, but somehow, he lived a beggarly life. He was stingy and did not have any philanthropic inclinations. A wise old man came to him one day and requested him to find him a refill for a unique pen that somebody had gifted him. The man agreed and took the pen. Later that evening when he told his wife what had happened, his wife scolded him, 'What if the old man dies tonight? How will you go to heaven or hell to return his pen?' Realizing this was true, the man hurriedly left with that pen to return it. He was honest with the old man and shared his genuine concern – 'How will I be able to return this pen if something were to happen to you?' The wise man took the opportunity and said, 'You cannot carry a small pen into the afterworld. What will you do with all your money and wealth?' The man had the Realization that all his wealth was of no use. One day he will leave it all behind. Then, why was he carrying all the problems of his life just to become richer and wealthier?

Are not many of us like this man? We spend our entire life trying to earn and earn, but we do not realize that others will burn what we earn. In the bargain, we carry so many problems, so much stress and anxiety, when in the end, nothing will belong to us. When we Realize the Truth, we can be free from most of our monetary problems. The solution is the same – Enlightenment. It is magical way to solve all the problems of our life.

35. ARE RELATIONSHIPS IMMORTAL?

We human beings are attached to the people we love. We become possessive and this attachment creates a passion for the ones we love. We live with the fear of losing them, just as we become disappointed when our expectations are not met. All the problems caused in relationships have one source – ignorance. Somehow, we have been made to believe that our relationships will last forever when we know beyond doubt that no relationship is immortal. Either relationships break when we are alive, or if not, they ultimately end at death. Because we are ignorant of this Truth, we create so many problems – we experience heartbreaks, just as we fall into the trap of loneliness. Some people let this ignorance take them into a state of depression, some even have suicidal thoughts. Why? It is because we are attached to people. We become addicted to them. We create all these problems ourselves.

What is the solution to this problem? We must love as many people as we like, but we must be attached to none. We must have no expectations and there must be no conditions in our love if we truly want to go beyond all the problems that are caused by our relationships. Human beings find it so difficult to be detached because we are caught in the cosmic illusion. A woman gets so attached to her child because she gave birth to it. She does not realize that the child came through her and does not belong to her. Thus she suffers. When will we overcome our ignorance?

36. FLIP FROM NEP TO PEP

Will anybody believe that all the problems of our life can be conquered if only we learn to flip – flip from NEP to PEP? What is NEP and PEP? NEP is Negative Energy Poison and PEP is Positive Energy Power. NEP consists of all those negative emotions that create poison in our life. Toxic emotions like anger, fear, hate, worry, revenge, anxiety, jealousy, envy, depression, doubt, and pessimism. These negative emotions create toxic energy that becomes the poison that causes problems in our life. But to overcome all these problems, we just need to do one thing – Flip from NEP to PEP.

PEP is the gamut of positive emotions that creates energy in our life, that nourishes us to face all our problems and challenges - Positive emotions like faith and confidence, courage and compassion, hope and trust, enthusiasm and cheerfulness, forgiveness and optimism. These positive emotions help us battle the problems of life and make us come out as winners. The challenge is - how do we flip over from NEP to PEP?

We human beings live in ignorance. We do not realize that we have been blessed with an intellect, we have been given the power to discriminate and choose. We are the only ones who have a willpower. Alas, we live without realizing this and we take this gift of the intellect to our graves along with all our problems! If only we are Enlightened and use our intellect, our problems will be no more!

37. NOT THIS, NOT THIS, WE ARE THAT

Who do you think you are and what does everybody in this world think they are? Most of us think we are the ones whom we see every morning in the mirror. We see ourselves and know that we are that person that stares back from the glass. We know our height and weight. We know our name, nationality and occupation. We know many things about who we are and what we are. But we do not know the biggest cause of our problems – we do not know who we are in reality!

We think we are this body, but we are not this body. We think we are the mind, but we cannot find the mind. The ego says 'I' and continues to say it till we die. But we are neither the body nor the mind and ego. We are ignorant of who we are. We are in reality, the Power that keeps us alive from birth to death. The moment the Power leaves, there will be no breath. If we were the body and the personality that we consider ourselves to be, would our near and dear ones cremate our body or lower it for the worms to devour below the earth? Because we are not this body, it is set on fire or left to disintegrate below the soil. If this is the Truth that we observe at death, then it is the Truth throughout our life. The moment we realize we are not the body, mind and ego, we will find a solution to all our problems. In fact, the problems are not mine. They belong to somebody else, so why should I worry about them? When will we realize that we are the Power?

38. THE HUMAN COMPUTER

Don't we understand what a computer is? It is made up of hardware, the motherboard, the screen, the keyboard, just as it is made up of the software or the operating system that runs through the hardware. Our body too is made up of hardware consisting of the skin, the muscles, the blood, the flesh, and the bones. The hardware includes critical organs like the brain, heart, kidneys and lungs. To make the human hardware work, we have the subtle aspect of our existence or the software – our mind, memory, intellect and ego. Just like the computer cannot work without hardware and software, the human-computer too needs the gross physical body and the subtle body to function. But what if the computer had no battery or power? It would be dead.

The human-computer or body too, has a Power supply. However, unlike a computer, it is not tangible like a battery, a power cord and an adapter or a power bank. The Power in a human being is a mystery. It arrives when we are conceived as a zygote and it departs at death. It is around this Power that starts as a single cell after fusion that the embryo grows. The Power within enables the tiny baby to eat, walk, and grow, till one day it becomes an adult. Finally, the body grows old and dies. This happens when the Power leaves the 30 trillion cells we are made of. We are that Power that starts as one cell and ends as trillions. We may call it the Soul, the Spirit or the *Atman*. When we are enlightened with this Truth, we find the one solution to all our problems.

39. THE ULTIMATE GOAL

What is the Ultimate Goal of our life? Is it just to solve problems? When our life is over, all our problems will anyway be solved. Our goal is to live a life without problems. How can we do that? When we realize we are the Divine Soul, the Power, the Spirit, the *Atman* within, then we attain the Ultimate Goal. This is called Self-Realization. It happens when we overcome all our ignorance and when we are Enlightened with the Truth. Then we realize that we are not the body, mind or ego. We are the Divine Soul. Once we achieve this goal, all our problems disappear as if by magic. Why?

All the problems belong to the body, the mind, and the ego. None of the problems belong to the Soul. Unfortunately, because we do not realize we are the Divine Soul, we suffer the triple suffering. We experience physical pain, mental trauma, and anguish. These appear to us as problems. But in reality, they are all due to our ignorance. The Power that we are, the Divine Soul, neither has problems nor does it suffer. Still, we suffer because we have not discovered our true identity. We do not evolve from Self-realization to God-Realization. We do not attain the Ultimate Goal to live as the Divine Soul. Thus, we suffer the innumerable problems of life, when in reality, we do not need to. The moment we achieve our Ultimate Goal, we are free from problems. But instead of pursuing this, we waste our life in trying to achieve success and create more problems than finding a solution to all our problems.

40. THE SOUL NEVER SUFFERS

We human beings are ignorant about the Soul. Some of us do not know anything about it. But a few who do, think we have a Soul. We think, '*We are human beings having a spiritual experience. We do not realize that we are the Spirit having a human experience.*' We do not have a Soul. We are the Soul. When we realize this, we have found a magical solution to all our problems. The body suffers physical pain, just as the mind becomes miserable and the ego is agonized. But what about the Soul? The Soul never suffers. It is a Power that gives Life to the body-mind complex, from birth to death. The Soul is Divine Energy, and this is not just a fairy tale. Even science endorses this fact.

Science, through its experiment called Wave-Particle Duality, has concluded that we human beings are not the mass of 30 trillion cells that we appear to be. Every cell is nothing but energy. The smallest particle, smaller than an atom and molecule, smaller than electrons, protons, and neutrons, is a particle called the quark. Each quark is nothing but energy.

When we Realize this Truth that we are nothing but energy, all suffering and all problems cease. This happens because of our Enlightenment that we are the Divine Soul or Spirit. The energy of the spirit is like electricity. It gives Power to the human machinery to live till we die. But when we realize this truth, we no longer need to cry. All our problems disappear with the Realization that we are the Soul. The Soul never suffers.

41. SWEEP AWAY ALL IGNORANCE

How do you remove all the dirt from your house? You use a broom to sweep away the dust or a vacuum cleaner to suck the muck! For all that dirt that does not go, you even use a water spray. But you clean your home of all the rubbish. We must similarly sweep away all our ignorance. The solution to all our problems lies in this one act – to clean up all the ignorance that has filled our life since we were a child. We all have been taught many fairy tales and we have been brainwashed by mythology. Somehow, we have permitted ourselves to be enveloped in ignorance. Because of this, we suffer from so many problems. How can we sweep away all the ignorance?

Ignorance is darkness. The darkness stops us from seeing the light of Truth. If we were in a dark room, we would see nothing. But the moment we switch on the light, there would be brightness and the darkness would disappear. Most of our problems are caused by the darkness of ignorance. We need Enlightenment. We need to switch on the light, not in our room or home, but within so that we realize who we are. We are the Divine Soul. Until we sweep away the darkness of ignorance, we will continue to believe in the myth and suffer all the problems of life. All our problems lie in one solution – the solution is Enlightenment, moving from darkness to light. This will happen when we eliminate all our ignorance. As long as we are enveloped in the darkness of our ignorance, we will continue to suffer many of the problems in our life.

42. BUILDING A DIVINE CONNECTION

The simple solution to our many problems cumulates in building a Divine connection. It is no different from the solution we have been discussing so far. It is just one step ahead on that path of that solution. The solution starts with Overcoming Ignorance and it goes on to Realizing the Truth. This is Enlightenment – that we are the Divine Soul that does not suffer. The moment there is this Self-Realization, this will lead us to the next step of God-Realization through building a Divine connection between our Soul and the Supreme Soul that manifests all around us in everybody and everything.

The moment we realize we are the Divine Soul, and we are liberated from the triple suffering, we become Conscious of our true self. We live in this Consciousness of the Truth in bliss, as we experience Divinity not only within us, but we realize that every living organism is a Divine manifestation. Be it man or beast, bird, fish or flower, everything that breathes has a Power within. This Power is the Power of the Divine. When we realize we are the Divine Power, not the body that we appear to be, we realize the presence of that Divine Power in everybody around us and thus build a Divine Connection. This helps us overcome all the problems that we have, with everybody around us because of the Realization that we are all part of one Divine Energy. In this state of Bliss and everlasting Happiness, our Divine connection makes us feel the presence of the Divine all the time, everywhere around us. Where is the question of any problem to survive?

43. A PROBLEM FREE LIFE IS NOT IN THE GRAVEYARD

Most of the world believes that problems are a part of life, that a problem-free life is an illusion and that the only place where there is no problem is the cemetery. But this is a myth. It is possible to find a solution to all our problems and to live a life where there are no problems. You do not need to go to the graveyard to leave behind your problems and your life! You can be alive and not have problems if you are Enlightened with the Truth that you are the Divine Soul. The Soul never suffers. Our challenge is to convert this knowledge into Realization. We may read this Truth a hundred times that we are not the body that suffers, we are not the mind that is miserable, we are not the ego that is agonized, but still, we may not Realize the Truth! Such is the ME, Mind, and Ego. It makes us live and die with our problems. *Steven was a slave of his mind. He thought he was a rat. He used to wake up in the middle of the night and run around the house like a rat. He would even open the fridge looking for cheese. His wife took him to a psychiatrist. The specialist used all methods to make him realize he was not a rat. He showed him pictures of a rat, a cat, and a human being and explained how we have 2 legs and not 4 limbs like the rodent! After many sessions, Steven finally thanked the doctor. When Steven left the clinic to go to his office, he suddenly saw a cat. Suddenly he barged into the clinic again. 'Doctor,' he said. 'I understand I am not a rat, but how can I be sure that the big cat sitting outside also knows that I am not a rat?'* Unless we conquer the monkey mind, we will live like a rat with many problems.

44. LIVE WITHOUT PROBLEMS

We have a choice. We can live with the many problems that life offers us or we can live with the one solution that eliminates all our problems. If we do not realize that one solution, then left and right, up and down, we will find problems everywhere. The one who is Enlightened says, '*Problems are nowhere,*' while the one who has not Realized the Truth says, '*Problems are now here.*' The one who finds problems everywhere lives in the darkness of ignorance. But the one who finds the one solution to many problems is Enlightened with the Truth.

What do you seek? Do you want to continue living with problems or do you want to go in quest of that one solution? Although problems will be popping like how corn pops in a popcorn machine, you will munch with a crunch and enjoy your lunch. You will not fear the flowing of problems nor worry about the consequences of it because you realize that everything is part of one Divine drama, a cosmic illusion. Everything is like a dream. In the end, nothing will matter.

But unless you Realize the Truth and are Enlightened, problems will remain problems. You need that one solution to eradicate all problems of body, mind and ego.

One look at a person and you can make out what they have chosen - Many Problems or That One Solution. The one who lives without problems, lives in the Consciousness of the Truth and experiences eternal Joy, Peace, and Bliss.

CONCLUSION PART C: MANY PROBLEMS, ONE SOLUTION

By now we know that a human being faces many problems in life. He suffers not only physical pain, mental misery, but is also anguished by the agony of the ego. But we have a choice. We can let go of all these problems. There are many ways to Realize the Ultimate Truth of life and to be free. The Truth is that we are the Divine Soul, but because of our ignorance, we do not achieve this Ultimate Goal of Enlightenment. We live, we suffer due to all our problems, and we die. But it's still not over. The body dies, but the ME, the mind and ego, that has already suffered, returns to earth in another birth, only to suffer again and again. This cycle goes on.

Do you want to suffer again and again? Do you want to face *Dukkha* as the Buddha called it or do you want to be liberated once and for all, from all your problems, forever? Then, get hold of the cause of the problem and master the solution. Do not focus on the problems. The more you do, the more they will multiply. The problems are not yours. They may belong to your body or could be created by the illusory mind and ego. But you are none of these. You are the Divine Soul.

The many problems of our life have one solution – Enlightenment, Realization of the Truth, overcoming our ignorance. All these are a part of the One Solution that will defeat and eliminate all the problems of our life. Start a quest for that One Solution and you will be free from all problems.

AFTERWORD

MY PERSONAL EXPERIENCE

We can never obtain Peace in the outer world,
until we make Peace with ourselves. – Dalai Lama

This is no magic! When I was Enlightened with the Truth that all our problems can have One Solution, it inspired me to write this book to help people overcome all problems just by Overcoming Ignorance and Realizing the Truth. Who doesn't have problems? When I look around, I find people struggling to combat their problems. The whole world wants to be Happy. We seek pleasure just as we run away from pain. But while I see this, I feel sad that people have not discovered a solution to their problems. I too had problems…many, many problems! I have experienced severe pain in my vocal cords and was advised to do a surgery. I met an ENT specialist – Dr. Medikeri and he made me Realize the Truth. One month of voice rest would do the trick! Yes, as if by magic it was cured.

I faced problems of fear and worry because I was stressed and burdened with a loan of nearly Rupees 50 Crores, which amounted to USD 10 million at that time. But my spiritual Master, my Guru – Dada J.P. Vaswani made me realize that all this was *Maya*. It was a cosmic illusion. I was Enlightened about this *Leela*, this theatre called 'Life' that unfolds every day on earth. Dada also helped me overcome my ego and

with it the problem of anger and hate.

Like anybody else, I had many problems, probably many more than a normal man would have. There were heartbreaks and family feuds, just as I went from the stress of success to the agony of failure. My writing this book is not just some theory. I have experienced poverty where I was without a penny. How did I overcome all my problems?

It was by overcoming my ignorance and Realizing the Truth. It was Enlightenment. All my problems disappeared with just one solution. My fear, worry, stress, anxiety and depression, and my anger and hate, along with the problems and challenges I have mentioned just disappeared when I Realized the Truth about life. Therefore, I was inspired to write this book. It is a practical guide that will help us face our problems and then, defeat them with Enlightenment. Enough has been said about problems, the cause and the One Solution. Now it is time to act. Anybody can solve their problems with the Realization of the Truth, or we can live with our problems, cry, look up at the sky, ask 'Why?', till we die.

I had faith in the Divine, in my Lord, my God and this helped me connect with my Spiritual Master who guided me through. The process of Realization is an effort. There will be the nesting stage when we start, and then the testing stage with problems. We will further be challenged by the arresting stage, but finally, we will reach the cresting stage. But for this, we need the investing stage. What did I do? I went on a quest.

Took dozens of books, from various scriptures, philosophies, and masters. I scanned them all to separate the myth from the truth. Finally, I saw the light, the light that solved all my problems.

Do you want to solve all the problems of your life? It is possible! You must first believe that your Many Problems have just One Solution. You do not need to reinvent the wheel. Just like I did, take the cue from the many masters who have trodden the path, and as you follow the road less travelled, you will find that you have left all your problems behind.

Let us learn to enjoy this drama called life. Let us realize that all the problems are like a movie projected on the screen, they are not real. They are like a dream. At the end, it will be GAME OVER. So, why do we worry? Why do we fear? Why do we waste our life in problems that are nothing but illusions?

This book can change your paradigm of life, like it changed my perspective and put problems in their proper place. It can liberate you from all problems and suffering. Just overcome the ignorance, Realize the Truth and this will be the One Solution to all your life's problems!

POEM

MANY PROBLEMS... ONE SOLUTION

Problems, Problems are everywhere
My life is in such a mess
I feel so sad and miserable
With worry, anxiety and stress

It all started when I was a child
My exams made me cry
And then, it was heartbreak
I looked up at the sky and asked 'Why?'

And then, I tried to succeed
But failure came in the way
My life was full of sleepless nights
I faced problems every day

I was worried and there was fear
And this stress cost me very dear
I had anxiety attacks in my mind
My depression left all Peace behind

Everybody has problems as I looked around
There is hate and revenge on the ground
Jealousy and anger are here and there
The problem monsters are everywhere

But then I stopped and I took a pause
Everybody has problems but what is the cause
Who is the one who suffers the pain
I searched for the answer, not in vain

I could see the misery of the mind
Suffering of physical pain, a different kind
But far worse was the agony of the ego
This triple suffering was part of the show

So are we meant just to cry and to die?
As the problems trouble, must we just lie
Aha, no! I found there was a magic
One solution with a clear logic

Who is it that suffers the pain?
Body-mind-ego cries again and again
But when I Realized I was the Divine Soul
There were no problems, I achieved my goal

My problems disappeared like the morning mist
Peace, Joy and Bliss I kissed
It was when I Realized the Truth
When I went to the bottom of the root

We suffer because of our ignorance
Problems are because we are blind
We think we are the one that is ME
The body, the ego, and the mind

When we are Enlightened with the Truth
We can catch the evil brute
The mind is the biggest enemy of all
Along with the ego, it makes us fall

I saw the mind was full of junk
I tamed the monkey and made it a monk
And as I transcended all evil thoughts
All my problems I had fought

For the problems don't actually belong to me
Ignorance makes me live with the wrong identity
When I Realize I am the Divine Spirit
Then all my problems disappear with it

For then I know life is just like a dream
No need to worry, no need to scream
At the end it will be time to go
Forget your problems, it is just a show

Poverty is a state of mind
Don't you know you leave everything behind
But though we see this at every death
We are greedy till our last breath

Problems are many, but the solution is one
Realize the Truth and the battle is won
Enlightenment will leave all problems behind
Bliss, Peace and Happiness you will find

For problems are many, this for sure we know
But problems are all a part of the show
Nothing is real, we come and we go
When we realize this, problems are zero

Yes, it's a magical solution but it's true
All our problems will disappear like dew
The Realization of the Truth will remove all stress
And give us Peace, Joy and Happiness

The One Solution to many a stress
Is overcoming our ignorance
The moment we realize the Truth in life
We will have no problems, no misery, no strife

BY
AiR
Atman in Ravi

ABOUT THE AUTHOR

AiR- *Atman* in Ravi

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

As a part of the Humanitarian initiative, 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with

free shelter, food, clothing, and medical care. AiR built a Shiva Temple in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru inspired him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations that formed his new mission of life – to Help People Realize the Truth.

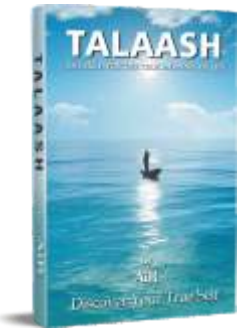
Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 40 books,

composed and sung about 1190 bhajans written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this is our Ultimate Goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

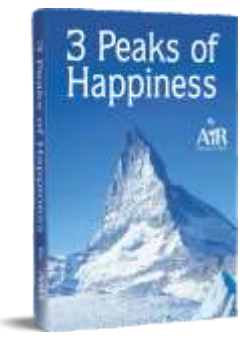
Started with nothing…
Became something…
Achieved everything,
Only to realize we are nothing!

BOOKS BY THE AUTHOR



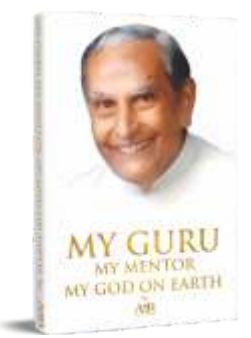
1. Talaash

Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the Realization that we are neither the body nor the mind, but the Divine Soul.



2. 3 Peaks of Happiness

This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of Happiness—Enlightenment which lies beyond the two peaks of Happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal joy and bliss.



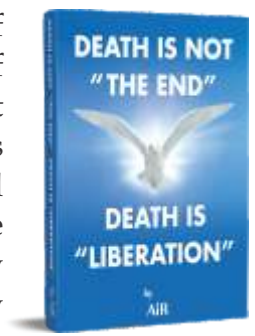
3. My Guru, My Mentor, My God on Earth

This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to begin his spiritual quest and bringing about the transformation in him.

4. I will Never Die, Death is Not "The End"

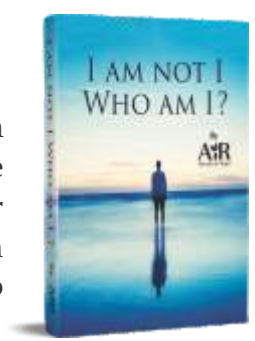
In the journey of his life, AiR Realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies. This book explains this truth in detail.

5. Death is Not "The End." Death is "Liberation"



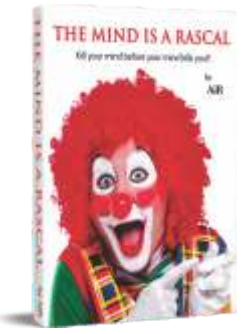
The second book by AiR in the series of books on 'Death' touches upon the secret of Kathopanishad which talks about what happens after death. One of the two things can happen: if we think we are the Body and Mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.

6. I Am Not I. Who Am I?



This is an insightful book by AiR which talks of his quest and Realization that we are not who we think we are. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?

7. The Mind is a Rascal

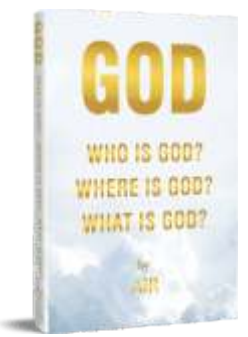


You always thought that the mind is king—it is everything. But it's a rascal! Try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This book by AiR will show us how the mind makes us suffer. It is time to find the rascal and kill it before it kills us.

8. A Cosmic Drama

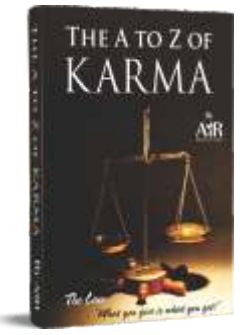
This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

9. Who is God? Where is God? What is God?



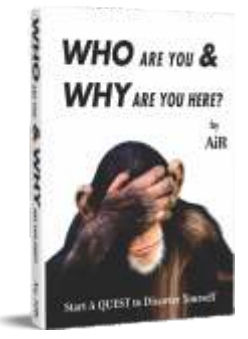
These questions might seem simple enough but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This book will change your perception and belief about God and help you Realize God.

10. The A to Z Karma



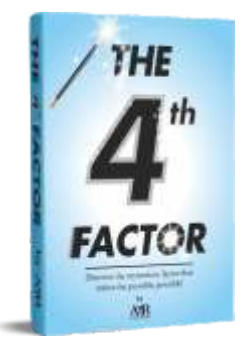
Most people are aware of the concept of Karma – the Universal Law that states, 'What you give is what you get.' But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from all misery and sorrow, and ultimately attain Liberation or *Moksha*. This book reveals the secret of eternal joy and peace—a life without any misery or suffering.

11. Who Are You and Why Are You Here?



This is a simple book that prompts us to ask the right questions to discover the secret of our life—who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a meaningful and blissful life.

12. The 4th Factor

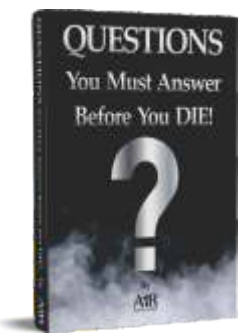


Man gets upset when his efforts don't bear fruit. This is because man is ignorant about the 4th Factor that is beyond human comprehension. Without its consent, even the possible becomes impossible. This is an informative book that makes the readers understand why things happen the way they happen!

13. Be Happy in the NOW!

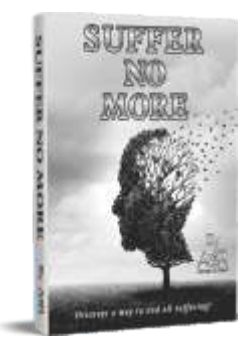
Every human being on earth wants to be happy. There is nobody who enjoys pain. But what is the secret of eternal joy, bliss and peace? It is being happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment if they really want to be happy.

14. Questions You Must Answer before you Die!



Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the Realization of the Truth and help us live with meaning, purpose, and joy.

15. Suffer No More

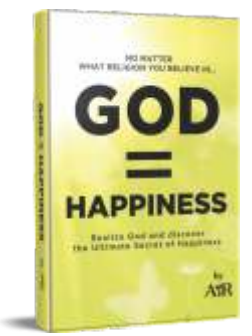


'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how.

16. Success is not Happiness, Happiness is Success

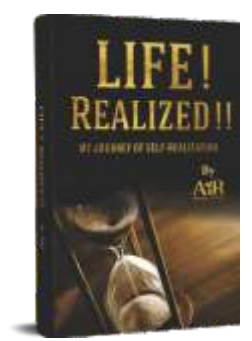
People want to win because this makes them happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.

17. God = Happiness



In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!

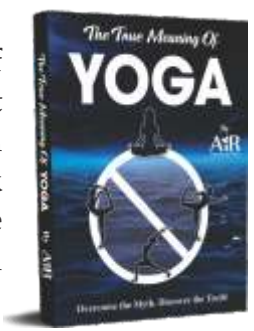


This book is a personal reflection of the author on his several realizations while on his quest for the Truth about everything that matters in the journey of life.

19. True Love is Bliss...Not Just a Kiss

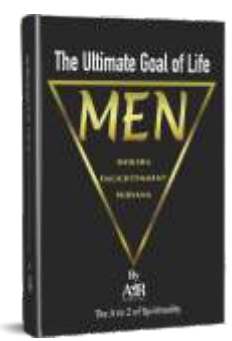
Love, which is a source of joy and happiness, is not really understood by the world. This book is an attempt to explore True Love. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.

20. True Meaning of Yoga



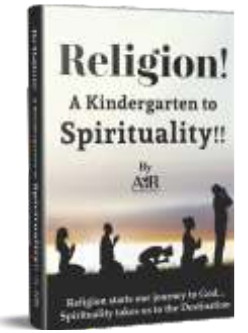
Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a constant union with the Divine. This book attempts to explain how through Yoga one can be liberated from the cycle of death and rebirth.

21. The Ultimate Goal of Life, MEN — Moksha, Enlightenment, Nirvana



The three most tenable concepts—Moksha, Enlightenment, Nirvana are discussed in this book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.

22. Religion! A Kindergarten to Spirituality!!

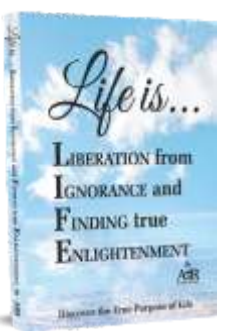


This book discusses how Religion is only the first step towards God-realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.

23. Why Bad Things Can't Happen to Good People!

This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!

24. LIFE is...Liberation from Ignorance and Finding true Enlightenment



Most people just exist but they don't truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success and achievement, people don't realize that though they lose their most precious gift—life itself. This book reveals what life is all about.

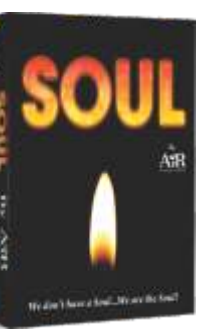
25. The Ladder to Heaven

Most people believe in God and aspire to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of the Ladder to Heaven. This book shows a step-by-step way to God-realization.

26. FEAR- False Expectations Appearing Real

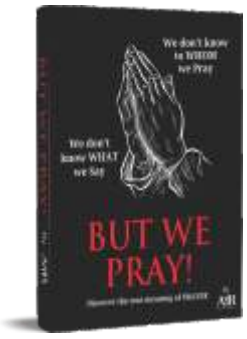
The world has changed today because of Coronavirus. But it's up to us to live with FEAR or FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. Through this book, the author inspires people to live with courage and not panic.

27. Soul – We don't have a Soul... we are the Soul!



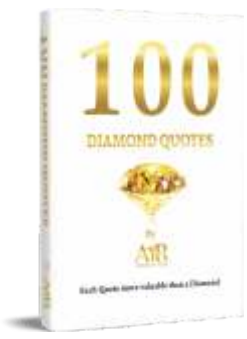
The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? We cannot see the Soul, but we all believe that we have one. This book will help genuine seekers of the truth to do some Soul searching and realize - we don't have a Soul...we are the Soul!

28. But We Pray!



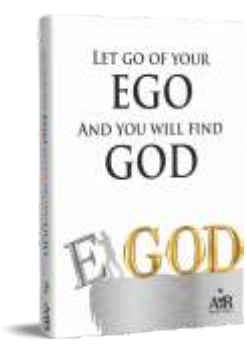
The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to nor do we understand what we say in prayer. This book will help us build a Divine connection through prayer.

29. 100 Diamond Quotes



Our life needs a spark and a simple quote can make this difference. This book is a selection of AiR's inspiring quotes on happiness, liberation, realization, spirituality, and enlightenment that can trigger a metamorphosis in us in the quest for the true meaning of life, giving us more happiness than all the diamonds of this world.

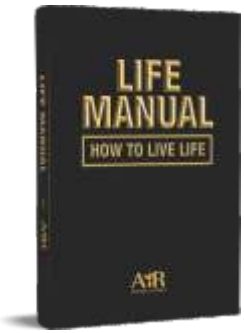
30. Let go of your Ego and you will find God



Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME - Mind and the Ego, envelops us in ignorance and we go round and round in circles without discovering God within. If only we let go of our Ego, we will move from Self-realization to God-realization.

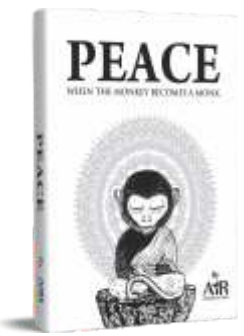
This book will transform your life. It will show you the way to God just as it will guide you on how to let goof your Ego.

31. Life Manual - How to live life?



Whenever we get a new gadget, we read the operating manual before we start using it. But have we ever read a manual on life? Is there such a manual? There is no simple document that tells us what life is, how we should live it and how we should make the most of it. The 'Life Manual' is just the book we have been waiting for.

32. PEACE... When the Monkey becomes a Monk!

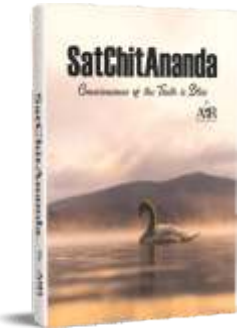


We human beings are enveloped in ignorance. We seek peace of mind but we don't realize that peace is not an external thing; it is our original state. It is our own mind that steals our peace by constantly jumping from thought to thought. Unless we tame the monkey mind and make it into a monk, we will never be able to experience true bliss. This book will show us the way.

33. SatChitAnanda - Consciousness of the Truth is Bliss

Very few people go in search of the true meaning of life. If

they become conscious of the truth, they experience *Ananda*, a bliss unknown to the common man. This book reveals the secret of SatChitAnanda and shows us the way to live every moment of life with seamless joy and peace.

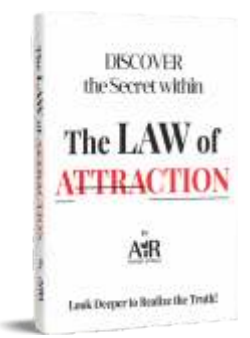


34. Neti Neti, Tat Twam Asi - Not This, Not This, Thou Art That

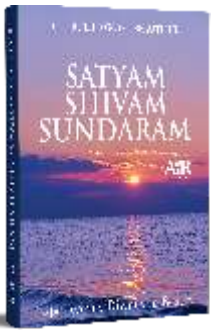
What is the way for a common man to be enlightened and realize the truth? This book reveals the key to opening the door to this profound realization. It is *Neti Neti*, *Tat Twam Asi,* Not This, Not This, Thou Art That. To realize the truth of 'Who am I?', the first thing we must discover is 'Who I am not'.

35. Discover the SECRET within The LAW of AttraCTION

Many of us believe in the Law of Attraction, that we can realize our dreams through this magical, mystical law. But then, why aren't some people able to translate their dreams into reality despite believing in this law? This book reveals the 'real secret' within the Law of Attraction that actually works. It is the law of Action.

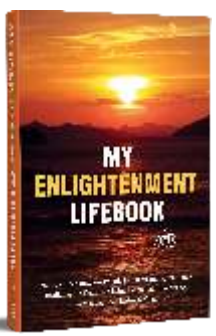


36. Satyam Shivam Sundaram - Experiencing Divinity in Beauty



This book, based on the ancient chant Satyam Shivam Sundaram - the Truth is God is Beautiful, will help us realize a profound truth, that Beauty is Divinity. It will make us experience God in everything beautiful. This book will change the way we pray and build a closer connection with God, as we realize the Divine in the temple of our heart.

37. My Enlightenment Lifebook



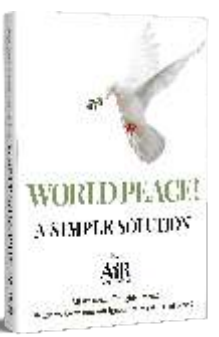
This book is unlike any other book. It is a treasure of crystalized wisdom that is put together in a simplified manner to help one Realize the Truth. It is a book of life. It is a weapon to cut through the myth and to Realize the Truth about the Divine. It is not a textbook of knowledge. It is a workbook of Enlightenment where every page on the left is offered to the reader to make notes, jot down thoughts and questions as one progresses on the path of Realization.

38. When you overcome the FEAR of DEATH, You start to LIVE

The fear of death stops us from living life. While we are all

'alive', we are paralyzed by fear. FEAR is a False Expectation Appearing Real, but when we fear death, we are unable to move. We begin to live with phobias. We become paranoid. Everything we do makes us fear that we will die. And because we fear we will die, we refrain from doing things that otherwise we could do. Unless we overcome the fear of death, we don't really start to live. Are you living with fear or are you living with faith? This book will help you overcome the fear of death and inspire you to celebrate every moment of life!

39. World Peace! A Simple Solution



The world is in pieces. It is fragmented by differences, endless disputes and wars. We all want Peace, yet Peace eludes us. There is a simple solution to World Peace! What is the way out of these conflicts? If only we Realize the Truth of who we truly are and why we are here, all this bloodshed will end and this world will become a Peaceful Heaven on earth. But for the world to transform, we must first transform ourselves. This insightful and inspiring book by AiR offers a simple but sure solution to World Peace.

And Now...

40. Many Problems, One Solution

Coming Soon...

41. LIVE LIFE, Moment by Moment

Ask AiR any question on life, its challenges, struggles and how we can overcome them!
Today and every day on Zoom at 8 p.m.!

Zoom Meeting ID: 85021104431

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AiR-*Atman* in Ravi

MANY PROBLEMS... ONE SOLUTION

If you are alive, chances are you have problems. Everybody has problems. But not everybody finds the one solution to all our problems.

Whether it is fear, worry, anxiety, depression, or it is hate, revenge, jealousy, and anger, we all suffer. It may be physical pain or heartbreak, poverty or broken relationships. Is there anybody who has no problems? Ah, yes… they say there is a place where there are no problems – the graveyard.

But this book will help you discover that one solution to all your problems while you are still alive. It will show you a way to overcome the triple suffering – the pain of the body, the misery of the mind and the agony of the ego. If only you are patient to understand the cause of all the problems, and if you are persistent, you will go on a quest and discover the one solution to your many problems. Are you ready to start the journey to a problem-free life?

By
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Ask *Investigate* Realize

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